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PEI MEI'S
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培梅食譜
第一

中華美食盡在其中

傅培梅◆著

台灣第一本中英對照彩色食譜

帶領中華美食文化揚名國際

國寶級美食大師—傅培梅的第一本經典代表作

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Pei Mei's ChineseCook Book Volume 1

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永恆的傳承

中華民國第一本彩色食譜—「培梅食譜」是在民國五十四年出版的，那年我剛滿十歲，在記憶中最深刻的印象就是我和剛考上駕照的兩個姐姐鎮日忙著幫母親搬書送貨，小小年紀就感覺到這本書的不同凡響，更打從心裡對母親產生一份崇敬，後來才知道，當時這本食譜，在市場造成了很大的震撼，稱它為「第一食譜」是實至名歸，因為這是台灣的第一本彩色食譜，也是第一本有中英對照的食譜，這一點也是後來我們能將中國的美食揚名國際的最重要的關鍵。而當時人們只要提起中國菜，第一個聯想到的就是「傅培梅」三個字，母親的名字也儼然成為中國菜的代表。而這本「培梅食譜」在當年也成了每個新嫁娘或留學生行囊中的必備之物。一直到今天，這本「第一食譜」的一切仍然深刻的烙印在我的心上。

母親在她的自傳《五味八珍的歲月》中曾有著這麼一段文字，是描寫當年她的第一本食譜出書的心情……

> 我打算出版食譜是爲了方便當時上烹飪課的學員們，才決定將上課時用的講義整理出版成書。
>
> 聯合報在1971年8月9日的新聞中有過這麼一則報導：「培梅食譜」是一本在中華民國出版的中英對照的食譜。當年政府爲了加深美國對我國精奧文化的了解，特送出珍貴的古籍文物，赴美做全美巡迴展覽，其中「吃」的藝術，則選上了「培梅食譜」，讓外國人眞正領略中國烹飪之精華。
>
> 當第一批食譜裝訂好送到時，我拿著它愛不釋手，新書的撲鼻紙香、排列有序的文字，內心的欣喜和激動無法形容……。

距離這段文字的心情至今已經三十幾個年頭過去了，這些年來台灣的出版環境已經臻於成熟且蓬勃發展，市面上各形各色的彩色食譜書琳瑯滿目，但卻沒有一本比得上在書架上那本泛黃又厚重的《培梅食譜》更深具意義。

這本知名又能代表中華民國的食譜書，因為讀者的喜愛，每年仍有許多海外訂單和外國友人不斷地詢問，但因照片過於老舊，加上內容豐富多達四百多頁，幾次評估重製的可能性，卻因耗時費工而後延，終於在這要進入2004年的開始，也是這本書出版將屆滿四十年之際，為了傳承母親這一生不遺餘力在推廣「食」的精神，大姐安琪和我決定替母親重新製作這本深具意義的食譜《培梅食譜》。看到剛過七十三歲生日的母親和大姐費心的挑選菜單，重新研究符合現代的調味和食材，再經過拍攝，內文更新編排，也在媽媽學生陳盈舟老師的協助下，辛苦了數個月的時間，終於讓這本「培梅食譜」以嶄新的面貌呈現問世，讓它繼續為中國的飲食文化傳承知識與美味。

僅以此書，獻給我最敬愛的母親，也期待當這本新書握在她手中時，她的臉上能有當年欣喜滿足的笑容，而我也自許這本「培梅食譜」能再將母親的美食經典繼續傳承到未來的四十年。

程顯灝

The Eevrlasting Tradition

Taiwan's first colored recipe book was published in the year 1965. I only just turned ten that year, and my deepest memory was of my two older sisters, with their newly obtained driver's licenses, driving around town delivering books. Even in my young mind I perceived the significance of this book, and it inspired in me a great deal of respect for my mother. It was not until later that I understood the hit my mother's recipe book had made in the market-it was the first colored recipe book Taiwan had, and it was also the first recipe book with an English translation of every recipe in the collection, which became the most important key in our later effort to introduce the Chinese epicurean cuisine to the international stage. At that time, whenever people talked about "Chinese food," the first thing that came to their minds was "*Pei Mei Fu*"-Mother's name characteristically emerged as the representative symbol of the Chinese cuisine-and the *Pei Mei* Recipe Book became the requisite of every newlywed wife and abroad student. Even till now, everything about this "First Recipe Book" still left its deep imprint on my heart.

In her autobiography, my mother depicts her feelings toward the publication of her first recipe book:

> *The reason I decided to publish the recipe book was for the convenience of my cooking students, organizing the class notes into a useful collection.*
>
> *UNITED DAILY NEWS printed a special report on August 9th, 1971, "The Pei Mei Recipe Book is a traditional Chinese recipe book with English translation published in Taiwan. At that time, in an effort to deepen the American understanding of our culture, the government sent out valuable Chinese traditional arts for exhibition tours in the United States. Among the various topics, the Pei Mei Recipe Book was chosen as the representative of the Chinese cuisine to further international appreciation of the essence of the Chinese culinary art."*
>
> *When the first shipment of the recipe books arrived, I loved it so much I could not put it down-the scent of new books and the organized print-the happiness and excitement in my heart were indescribable....*

Thirty-some years have passed since these feelings had transpired. These years, Taiwan's publishing environment has matured and keeps flourishing, with all kinds of colored recipe books on the shelf. However, none can compare with the deep meaning the heavy, yellowed *Pei Mei* Recipe Book brought with its birth so long ago.

Due to the popularity among its readers, this famous and representative Chinese recipe book still receives many orders and inquiries from abroad. However, due to the age of the pictures and as many as 400 pages of rich content, many evaluations of republication resulted in a decision of postponement for the time and work it was expected to take to remake this recipe book. Finally, in the beginning of this year 2004, also on the eve of this recipe book's turning forty years old, my eldest sister Angela and I decided to remake and republish this meaningful *Pei Mei* Recipe Book to commemorate the passion and spirit with which my mother has dedicated her life in the popularization of the Chinese culinary art. With my 73 year-old mother and eldest sister's effort in selecting the recipes and reinventing the more modern seasoning and ingredients, the shooting of new pictures, the reorganization of content, and the help of Mother's former student Yin-Cho Chan, working for many months, finally the *Pei Mei* Recipe Book is made possible to re-hit the market in its brand new looks, continuing its role in the furtherance of knowledge and fine taste of Chinese cooking.

With this republished recipe book, I dedicate my deepest love and reverence to my mother. I wish that when she holds this "new" book in her hands, she will have the same excited and content smile on her face so many years ago. I also sincerely hope that this *Pei Mei* Recipe Book will continue to impart Mother's gourmet cooking tradition onto the future 40 years.

Michael Cheng

東部菜
Eastern

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「醉雞」

材料

嫩雞 1/2 隻（約 1 公斤左右）

調味料

鹽 1 大匙
酒 2 杯（紹興酒或黃酒，日本清酒亦可）
冷雞湯 3 杯
蝦油或魚露 1/2 杯

做法

1. 將雞洗淨、擦乾水份，再將鹽平均撒下，用手指搓揉均勻，醃約 2 小時左右。
2. 將雞放在一只大碗中，置入水已沸滾之蒸鍋中，用大火蒸熟（約需 20 分鐘左右即可蒸熟）。
3. 將已蒸熟之雞取出，蓋上濕的毛巾，待其冷卻後分切成 2~3 大塊，再整齊的放進一只深缽或大碗中。
4. 將蒸出的雞汁倒入雞塊中（需過濾一次，勿使雜質進入），再將預備之冷雞湯、酒和蝦油也倒入，混合均勻，蓋上蓋子，放入冰箱中燜浸 12 小時以上。（燜浸到 6 小時後可將雞塊上下加以調動，以使每塊雞均能浸到酒湯）。
5. 食用時將雞塊取出一、兩塊，再剁成長方塊，排在菜盤內，並澆上1大匙酒湯即可食用。

註

1. 雞不用蒸的話，也可以用多量的水燙煮至熟，煮的雞湯可以直接放涼來用。
2. 泡雞的湯汁可以久放，也可做浸泡第二隻雞所用，但每次浸泡時間最好不要超過3天，以免酒味太重。

「Wined Chicken」

Ingredients:

1/2 chicken (about 1kg)

Seasonings:

1T. salt, 2C. wine (Chinese Shao-Shing wine or Japanese wine), 3C. cold chicken stock, 1/2C. fish sauce

Note

1. You may boil the chicken with 6~7 cups of water instead of steam it, then use the soup stock directly.
2. The wine brine can be saved and used again. It is advisable not to soak the chicken any longer then 3 days, otherwise the flavor of wine might be too strong.

Procedures:

1. Clean and pat dry the chicken. Rub it over with salt. Let it stand for about 2 hours.
2. Put chicken in a bowl, steam it over high heat for about 20 minutes.
3. Remove chicken from bowl, cover with a wet cloth, let it cools, then cut it into 2~3 large pieces, lay in a deep bowl.
4. Strain chicken broth from the steamed chicken into the deep bowl.Add chicken stock, wine, and fish sauce, mix well, cover and keep it in refrigerator for about 12 hours. Turn the chicken over once after 6 hours.
5. Remove 1 or 2 pieces of chicken, cut into pieces. Lay on a serving plate and pour over chicken with 1T. wine brine.

醉雞 Wined Chicken

Paper Wrapped Chicken 紙包雞

「紙包雞」

材料

雞胸肉 1 片（或雞腿 1 支）約300 公克，熟火腿 1 小塊，香菇 2 朵，香菜葉 12 枚，玻璃紙（10 公分見方）12 小張，麻油 2 大匙

調味料

醬油 2 大匙
鹽 1/4 茶匙
糖 1/2 茶匙
酒 1 大匙
胡椒粉 1/4 茶匙

註 喜歡的話，可以保留雞皮一起切成片，包的時候雞皮面要朝下放。

做法

1. 雞肉切成 3×5 公分之大薄片（共 12 片），全部放在碗裡，加入調味料拌勻，醃 15 分鐘。
2. 香菇用溫水泡軟之後去蒂，每片切成 6 個三角形。
3. 熟火腿（也可用西洋火腿）也切成相仿大小的尖角小片 12 片。
4. 在玻璃紙的中央先刷上少許麻油，放上香菜葉、香菇及火腿各一片，然後蓋上一片雞肉。先將兩個尖角對摺，再將兩邊向內摺起，包裹成長方形小包。
5. 將油燒至八分熱，投下紙包，需正面朝下投入，用小火慢炸，以免把玻璃紙炸焦，約 2 分鐘，至雞肉已[illegible]白而夠熟時撈出，瀝乾油漬，排入盤內（盤邊可用蔬菜裝飾）。

「Paper Wrapped Chicken」

Note

You may cut the chicken with the skin, and wrapped it with skin side down.

Ingredients:

300g. chicken breast (or 1 chicken leg), 1 piece ham, 2 black mushrooms, 12 parsley leaves, 12 pieces cellophane paper (10×10 cm), 2T. sesame oil

Seasonings:

2T. soy sauce, 1/4 t. salt, 1/2 t. sugar, 1T. wine, 1/4 t. black pepper

Procedures:

1. Cut the chicken into 3×5 cm slices, marinate with seasonings for about 15 minutes.
2. Soak mushrooms with water, then remove the stems. Cut each piece into 6 small triangular pieces.
3. Slice the ham into 12 small pieces, the same size as mushrooms.
4. Brush some sesame oil on cellophane paper, arrange one piece of parsley leaf, one piece of mushroom and one piece of ham on the paper, than place one piece of chicken on the top, fold and pack it into rectangular package.
5. Heat 4 cups of oil to 160℃ to deep-fry the chicken packages for about 2 minutes, drain and place on a plate, serve.

水晶雞

材料

雞胸 1 個（約 300 公克），熟火腿 40 公克，
香菜葉 2~3 片，洋菜 1/6 包（或膠粉 1 包），
蔥 1 支，薑 2 片

調味料

鹽 1 茶匙
酒 1 大匙
雞粉少許

做法

1. 雞洗淨，放進滾水中（水中應加入蔥、薑和酒各少許），用小火煮 20 分鐘後取出，待稍冷後拆除雞骨和雞皮，將雞肉切成 3×5 公分之長方塊（雞肉較厚處可先片開、再切片）。
2. 洋菜用溫水泡軟後擠乾水份，放進小鍋內，加入 2 杯煮雞之湯，用小火煮 7~8 分鐘，約剩 1 1/2 杯左右，然後倒入一個盆中，放入雞肉，並加鹽、酒及雞粉，上鍋蒸 20 分鐘左右。
3. 熟火腿切成三角形或葉子形薄片，和香菜葉、雞肉一起排在一個中型的碗中，分層排好，最後將蒸[illegible]汁也倒入，待其冷卻之後便移入冰箱中，冷藏 1 個小時以[illegible]。
4. 食用時將雞肉由冰箱中取出，倒扣在[illegible]菜盤中，此菜宜於夏天食用，也可以做為宴客之冷盤。

Jellied Chicken

Ingredients:

300g. chicken breast, 40g. ham, 2~3 parsley leaves,1/6oz. Agar-agar (or 1 envelope of unflavored gelatin), 1 stalk green onion, 2 slices ginger

Seasonings:

1t. salt, 1T. wine, a little of chicken powder

Procedures:

1. Boil the chicken with green onion and ginger for about 20 minutes. Remove the chicken and let it cools, then remove all the bones and skin. Cut into 3×5 cm pieces.
2. Soak the agar-agar for about 10 minutes, squeeze dry and cook with 2 cups of chicken soup (remaining for #1) for about 7~8 minutes over low heat, turn off the heat when the soup reduced to 1 1/2 cups. Pour the soup to a bowl, add chicken meat, salt, and wine. Steam for 20 minutes.
3. Cut the ham into small leaf shape or triangles. Arrange ham, parsley leaves, and chicken attractively on a bowl, add the stock into the bowl. Remove to refrigerator when it cools. Wait for at least 1 hour.
4. Turn the bowl over onto a plate, remove the bowl, serve.

水晶雞 Jellied Chicken

Stewed Chicken with Pineapple Sauce 菠蘿燒嫩雞

「菠蘿燒嫩雞」

材料

嫩雞 1/2 隻或雞腿 2 支，鳳梨丁 2/3 杯（或鳳梨片 4 片），洋蔥丁 1/2 杯，鳳梨汁 1/2 杯，香菜數支

調味料

醬油 5 大匙
酒 1 大匙
清水 2 1/2 杯
太白粉水 1 大匙
麻油 1/4 茶匙
炸油 3 杯

做法

1. 雞洗淨、拭乾水份，用叉子將胸和腿等肉較厚實之部份插刺數遍，然後放入大碗中，用醬油、酒醃泡約半小時（需時加翻轉）。投入燒熱之油中，將雞表皮炸黃，撈出雞後油倒出。
2. 用 2 大匙油爆炒洋蔥丁，炒至香氣透出，倒入醬油與鳳梨汁煮滾，再放入雞同煮 1 分鐘，隨後注入清水，先用大火煮滾、再改用小火燜煮約半小時左右，至湯汁僅餘下一半為止。
3. 將雞取出，倒入鳳梨丁，繼續煮約 1～2 分鐘，勾芡後滴入麻油。
4. 用利刀將雞趁熱剁成適當之大小塊狀，再排入菜[illegible]，淋上湯汁，並以香菜點綴即可。

「Stewed Chicken with Pineapple Sauce」

Ingredients:

1/2 chicken or 2 chicken legs, 2/3C. diced pineapple, 1/2C. diced onion, 1/2C. pineapple juice, a little of parsley leaves

Seasonings:

5T. soy sauce, 1T wine, 2 1/2C. cold water, 1T. cornstarch paste, 1/4t. sesame oil, 3C. oil for deep-frying

Procedures:

1. Clean the chicken. Soak with soy sauce and wine for about 30 minutes. Deep fry chicken with hot oil until it becomes golden brown.
2. Remove the chicken and drain off oil form frying pan. Using only 2T. oil to stir fry the onion, add the remaining soy sauce and pineapple juice. Add the chicken, cook for 1 minute, then add cold water, bring to a boil, turn to low heat, stew for about 30 minutes until the chicken is done and there should have half portion of soup left.
3. Remove the chicken and cut into pieces, arrange on a platter.
4. Add pineapple into the soup, cook for 1 minute, thicken with cornstarch paste and add sesame oil, stir well to make the sauce. Pour the sauce over the chicken, decorate with parsley leaves on the top.

胡桃炸雞片

材料

雞胸肉 300 公克
去皮核桃仁或腰果或杏仁角 120 公克
炸油 4 杯
花椒鹽 1 茶匙

調味料

蛋白 1 個
酒 1/2 大匙
鹽 1/2 茶匙
太白粉 2 大匙

註

1. 可以用現成的杏仁角和杏仁片代替核桃或腰果。
2. 花椒鹽係將花椒粒炒香（乾鍋小火炒），加三倍量細鹽再略炒黃，盛出後待冷，研磨成粉狀便是。或將鹽略炒一下，直接加入花椒粉拌勻（亦可加入少許五香粉）。

做法

1. 雞肉去皮除筋後，用刀片切成 3×5 公分之片狀，用調勻之調味料拌勻，醃約 15 分鐘。
2. 將核桃仁或腰果斬切成白米大小之粒狀，放在盤子上。
3. 將雞肉片兩面沾滿核桃粒，投入已燒至七分熱之油中，以小火慢慢地炸黃（約 1 分鐘）。附上少許五香花椒鹽上桌以供蘸用。

Deep Fried Chicken with Walnuts

Ingredients:

300g. chicken breast, 120g. walnuts or cashew nuts, 4C. oil, 1t. brown peppercorn salt

Seasonings:

1 egg white, 1/2T. wine, 1/2t. salt, 2T. cornstarch

Note

1. You may use chopped almond or almond slices instead of walnut.
2. Brown peppercorn salt is very useful in Chinese food, usually serve with fried or roasted dishes. To make brown pepper corn salt : stir fry 1T. brown pepper corn in a dry frying pan over low heat for about 1 minute, add salt, stir for a little while, remove and let it cool. Grind it and sift with a very fine sieve. st mix brown pepper corn r with stir fried salt.

Procedures:

1. Remove the skin and membrane from chicken meat, slice into 3×5 cm pieces, marinate with mixed seasonings for about 15 minutes.
2. Chop walnut or cashew nuts into small pieces, the size about a rice.
3. Coat the chicken pieces with chopped walnuts, then deep fry over low heat for about 1 minute or until golden brown, drain. Serve with brown pepper corn salt.

胡桃炸雞片 Deep Fried Chicken with Walnuts

Stewed Duck with Brown Sauce 紅燒鴨

「紅燒鴨」

材料

鴨 1/2 隻，蔥 4 支，薑 3 片，八角 1 顆，炸油 4 杯，香菜少

調味料

醬油 5 大匙
酒 2 大匙
冰糖 2 大匙
鹽 1/2 茶匙
清水 5 杯
麻油 1/2 茶匙

做法

1. 將鴨洗淨，擦乾水份，用醬油塗抹全身並醃泡，務使鴨皮每一處均能著上醬油色，醃約半小時。
2. 炸油燒熱，投下鴨子，以大火炸至表皮全部成金黃色後取出，油倒出。
3. 把泡鴨之醬油傾入鍋中，再加放蔥支、薑片、八角、酒等，同時注入清水，煮滾後再將鴨子放入同燒。
4. 待湯汁再燒滾後改成小火，燒煮約 1 小時，然後加入鹽及冰糖，再繼續燒煮約 1 1/2 小時，至湯汁僅剩下 2/3 杯時為止。
5. 將鴨裝盤（用鏟子略壓、使鴨子呈扁平狀），再澆上鍋中之原汁（汁中需先淋下麻油），並飾以香菜或炒熟的青菜即成。

註

1. 配上炒熟並調味的青菜，可增加色調，營養也均衡。
2. 可將鴨放冷後斬切成小塊裝盤，做為冷盤菜之用。

「Stewed Duck with Brown Sauce」

Ingredients:

1/2 duck or chicken, 4 stalks green onion, 3 slices ginger, 1 star anise, 4C. oil, parsley

Seasonings:

5T. soy sauce, 2T. wine, 2T. rock sugar, 1/2t. salt, 5C. water, 1/2t. sesame oil

Note

1. You may stir fry some green vegetable and place around duck to make it more colorful.
2. You may cut the duck to small pieces and serve as and appetizer.

Procedures:

1. Clean duck, rub and soak with soy sauce for about 1/2 hour, reserve the soy sauce.
2. Deep fry the duck with hot oil until brown. Remove duck and drain off the oil.
3. Add remaining soy sauce to a wok, then add green onions, ginger, star anise, wine, and 5 cups of water , bring to a boil, put the duck back to wok.
4. Cover with a lid and stew for about 2 hours over very low heat. Add sugar and salt after 1 hour.
5. When the sauce reduced to 2/3 cup, remove duck to the serving plate. Splash sesame oil into the sauce, mix and pour over duck. Decorate with some parsley or stir fried green vegetables. Serve.

「醬肉」

材料

前腿小蹄膀 1 個，棉繩 2 條

調味料

- 甜麵醬 2 大匙
- 醬油 3 大匙
- 紹興酒 1 大匙
- 冰糖 1 大匙
- 八角 1 顆
- 桂皮 1 塊

做法

1. 購買較瘦之連皮前腿蹄膀（即肘子）一個，先洗淨、擦乾水份。用棉繩將蹄膀綁緊，再用甜麵醬抹在肉的四週，用力搓揉，放置醃約 2~3 個小時。
2. 在深底小鍋內，放入醬油、酒、八角、桂皮等煮滾，再將豬肉落鍋同煮一下，隨後加入滾水 3 杯，改用小火慢慢燜燒，約半小時後加入冰糖，再繼續以小火煨煮 1 個半小時左右（需時時加以翻面）。
3. 煨煮至鍋中湯汁僅剩下半杯，而此汁已非常黏稠時，關火。待肉冷透後取出，用利刀切成大薄片排盤（原汁可澆在肉面上）。

註 醬肉除了可做冷盤之外，最適合夾在燒餅內食用，也可用薄餅或油餅包捲而食。

「Braised Pork Shank」

Note

This kind of pork may be served with buns, or green onion pies, roll the pork up and eat.

Ingredients:

1 small pork shank, 2 strings

Seasonings:

2T. sweet soy bean paste, 3T. soy sauce, 1T. wine, 1T. rock sugar, 1 star anise, 1 piece cinnamon

Procedures:

1. Rinse and wipe dry the pork shank, tie it with the strings to make pork shank into a round shape. Brush sweet soy bean paste on shank, marinate for about 2~3 hours.
2. Boil soy sauce, wine, star anise and cinnamon in a pot, add pork shank, cook for a while, add 3 cups of boiling water in, cook over low heat for about 30 minutes, add rock sugar, continue to stew for about 1 hour and 30 minutes, pour the sauce over pork freguently while stewing.
3. When the sauce reduce to 1/2 cup, turn off the heat. Remove the pork after it gets cool, slice it and arrange on a plate. (You may pour some sauce over pork)

醬肉 Braised Pork Shank

Sweet and Sour Spareribs 糖醋排骨

「糖醋排骨」

材料

豬小排骨 600 公克，蔥 3 支（切絲），炸油 4 杯

調味料

醬油 4 大匙
酒 1/2 大匙
糖 4 大匙
鎮江醋 3 大匙
太白粉 2 茶匙
清水 5 大匙
麻油 1/4 茶匙

註

糖醋排骨之做法有很多種，這種是屬於上海式做法。

做法

1. 小排骨剁成約 2.5 公分長之小塊，全部裝在大碗內，加入酒和醬油拌勻，醃 30 分鐘。
2. 把醃料瀝乾一些，將小排骨投入熱油中，以中火炸約 2 分鐘，炸熟後撈出。
3. 再將油重新燒熱，用大火將小排骨再炸 10～15 秒鐘後瀝出。
4. 在泡過小排骨之醬油內，加入其他調味料和蔥絲，調妥備用。
5. 鍋中僅燒熱 1 大匙油，倒下調味料，以大火炒煮至滾，見糖醋汁變黏稠時，倒下排骨，快速拌勻、裝盤。

「Sweet and Sour Spareribs」

Ingredients:

600g. pork spareribs, 3 stalks green onion (shredded), 4C. oil (for deep frying)

Seasonings:

4T. soy sauce, 1/2T. wine, 4T. sugar, 3T. brown vinegar, 2t. cornstarch, 5T. water, 1/4t. sesame oil

Note

There are many versions of "Sweet and Sour Spareribs". This is a traditional Shanghai style.

Procedures:

1. Cut the spareribs into 2.5 cm pieces, marinate with soy sauce and wine for 30 minutes. Reserve soy sauce in bowl.
2. Deep fry the spareribs with hot oil for about 2 minutes over medium heat, remove and reheat the oil, deep-fry once more until the ribs turn brown (about 10～15 seconds). Remove spareribs.
3. Add all other seasonings and shredded green onion with remaining soy sauce in a bowl.
4. Heat 1T. oil to stir fry the seasoning sauce, bring to a boil and then add spareribs in, mix well and serve.

「走油扣肉」

材料

豬五花肉 500 公克，青菜（豆苗或菠菜、青江菜心）300 公克，蔥段 4 支，薑片 2 片，八角 1 顆，炸油 4 杯

調味料

醬油 5 大匙，糖 2 茶匙
酒 1 大匙，鹽 1/4 茶匙
太白粉水 2 茶匙，麻油 1/4 茶匙

做法

1. 購買瘦肉較多而皮薄之五花肉一方塊，約 6～7 公分寬，洗淨，放入鍋中，加清水（要能淹過肉塊），用大火煮熟（約 30 分鐘），撈出。
2. 待稍涼時拭乾表皮的水份，再浸泡在醬油內上色，投入已燒熱之油中炸黃（約 2 分鐘，需用鍋蓋先蓋一下，以免油爆到身上）。炸好後撈出，馬上泡在冷水中（皮面向下）約 30 分鐘，見皮起了皺紋與水泡、同時也變軟為止。
3. 將五花肉切成大薄片，全部排列在中型蒸碗中，然後放上糖、酒、蔥段、薑片、八角及泡肉之醬油，放入蒸鍋內用大火蒸 1 個半小時以上，至肉軟爛為止。
4. 把肉端出，先將碗中之湯汁慢慢地倒入炒鍋中煮滾，並用太白粉水勾芡，滴下少許麻油。碗中的肉倒扣在盤中，澆上芡汁。
5. 青菜用油炒熟，加鹽調味，盛放盤中。

「Mold Pork with Brown Sauce」

Ingredients:

500g. pork (bacon part), 300g. green vegetable (spinach or green cabbage), 4 green onion (1" long), 2 slices ginger, 1 star anise

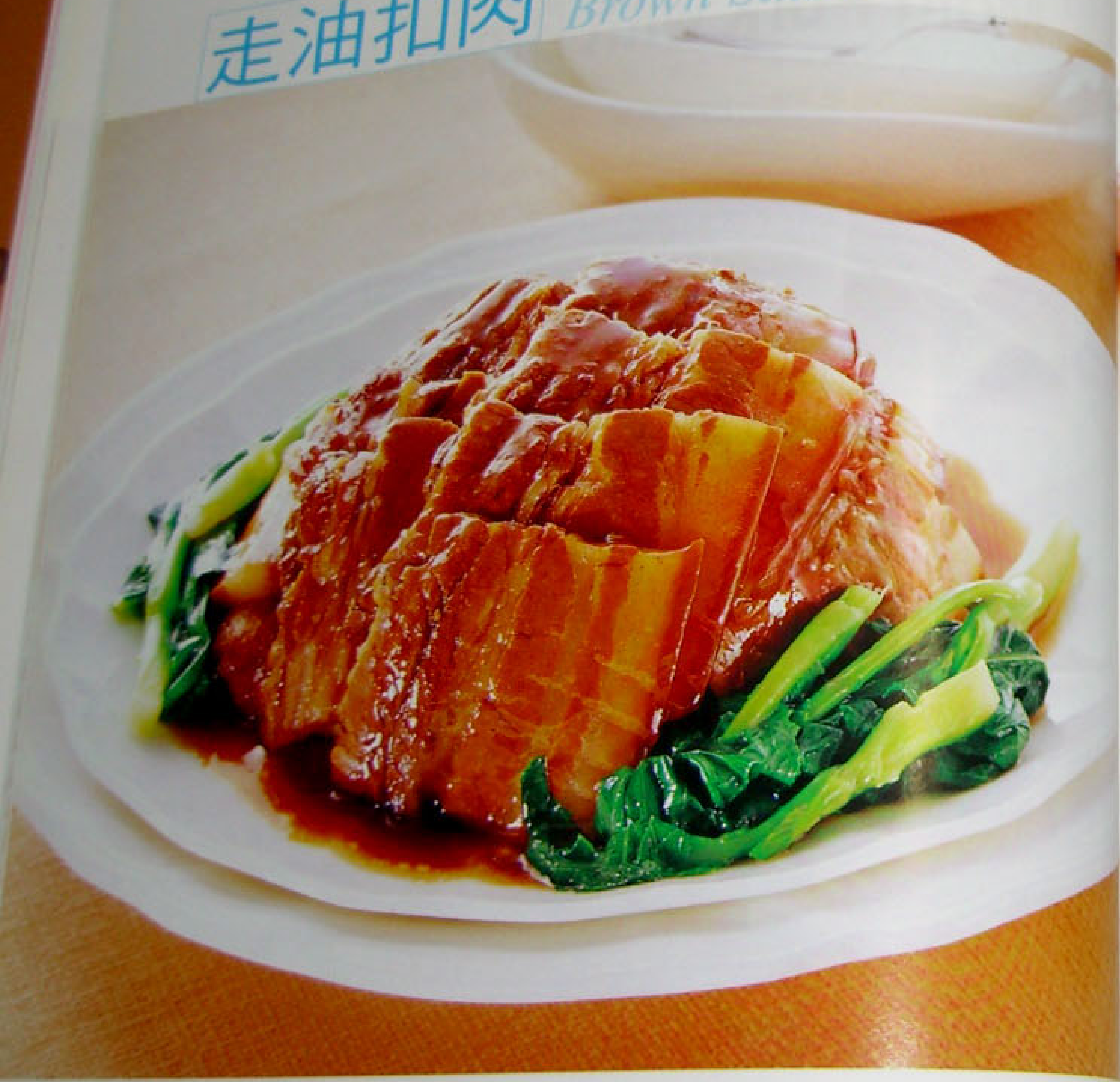
Seasonings:

5T. soy sauce, 2t. sugar, 1T. wine, 1/4t. salt, 2t. cornstarch paste, 1/4t. sesame oil

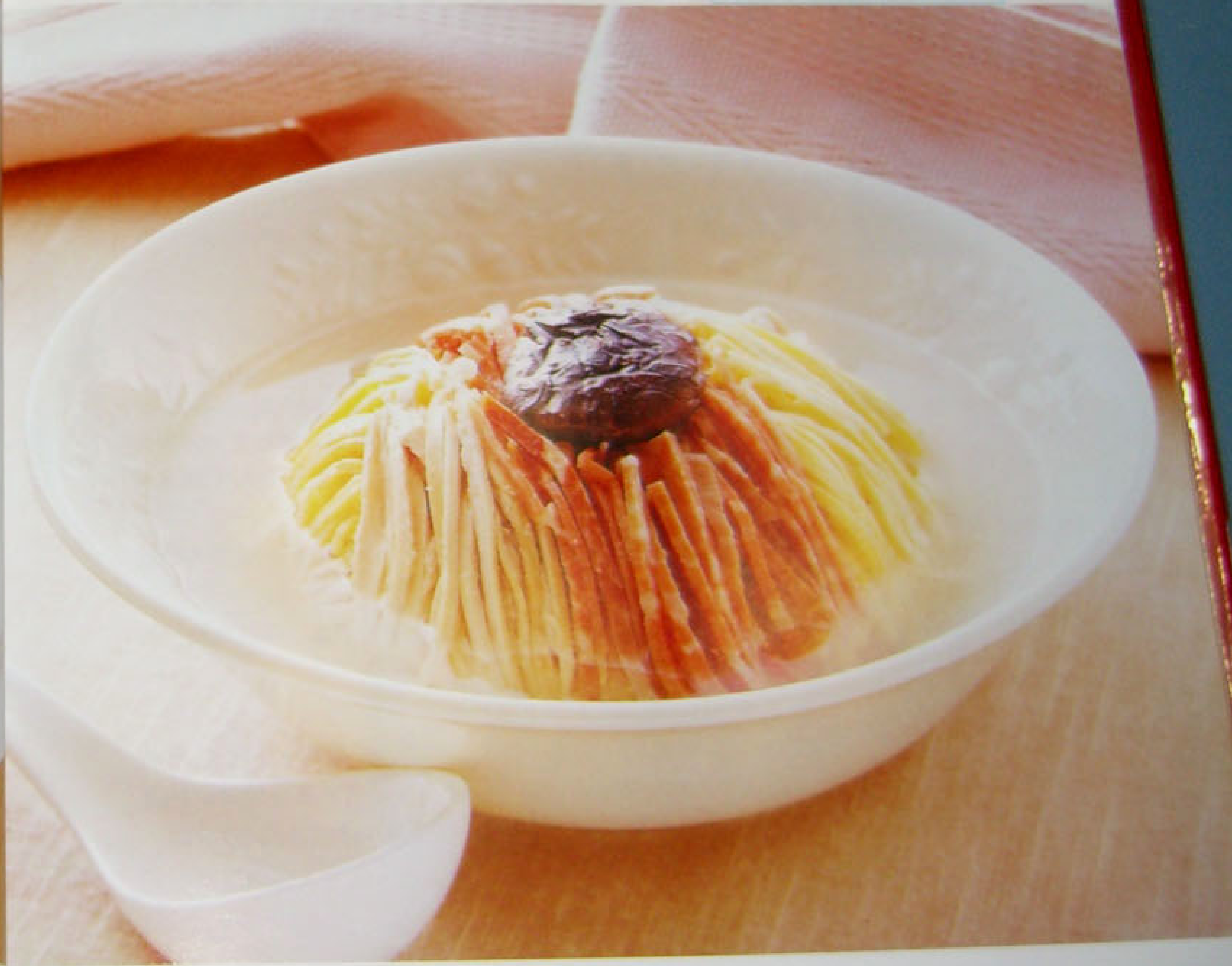
Procedures:

1. Choose a piece of pork about 6～7 cm wide, cook with water for about 30 minutes.
2. Remove pork, let it cools a little, and then marinate it with soy sauce until it becomes brown. Save the soy sauce. Deep fry the pork in very hot oil for about 2 minutes until skin is very brown. Remove and soak in cold water (with the skin side down) for about 1/2 hour until the skin become wrinkled and soft.
3. Cut the soaked pork into large thin slices. Arrange those slices in a bowl. Add sugar, wine, green onion, ginger, star anise and soy sauce, steam over high heat for at lease 1 1/2 hours until meat is tender.
4. Pour the broth (from the steamed meat) into a sauce pan. Bring to a boil, thicken it with cornstarch paste. Add a few drops of sesame oil. Turn the steamed pork over on a serving plate, pour the sauce over the meat.
5. Stir fry some green vegetable and season with salt. Arrange it with the pork, serve hot.

走油扣肉 Mold Pork with Brown Sauce



Mold Tri-color Soup 扣三絲



「扣三絲」

材料

雞胸 1 個（約 240 公克），
熟火腿 120 公克，雞蛋 2 個，
筍 2 支，小朵冬菇 1 個，
蔥 2 支，薑 2 片

調味料

鹽 1 1/4 茶匙
清湯（即煮雞之湯）6 杯

註 此菜所用的三種絲料只要顏色明顯，任何肉類、蔬菜皆可配用。

做法

1. 在鍋內燒滾 8 杯清水後，放下洗淨之雞胸、蔥和薑，先用大火煮滾，再改以小火煮約 20 分鐘至熟，取出雞肉，原湯過濾（約 6 杯）留用。
2. 將雞胸去骨取肉後用手撕成細絲（也可切成絲），火腿亦切成細絲。
3. 筍去皮、用水煮熟（約 10 分鐘），切成細絲；冬菇泡軟，去蒂。
4. 雞蛋打散，在鍋中煎成 2 張薄蛋皮，切成細絲。
5. 在一個中型碗裡，先把冬菇放在中央（正面向下平放），再將雞絲、火腿絲及蛋皮絲整齊地排列在碗底，最後填滿筍絲，並撒上鹽 1/4 茶匙，再注入 1/2 杯清湯，上鍋蒸約 20 分鐘。
6. 將蒸好之材料連碗扣在一只大湯碗內，先注入煮滾並調味的之雞湯，然後再揭開蒸碗便可。

「Mold Tri-color Soup」

Note

The three ingredients should be very colorful, choose any thing you like.

Ingredients:

240g. chicken breast (or lean pork), 120g. ham (or Canadian bacon), 2 eggs, 2 pieces bamboo shoot, 1 dried shitake mushroom, 2 stalks green onion, 2 slices ginger

Seasonings:

1 1/4t. salt, 6C. soup stock

Procedures:

1. Boil the chicken with 8 cups of boiling water (add green onion and ginger in water) for about 20 minutes. Remove the chicken, let it cools. Save the soup stock (about 6 cups) for later use.
2. Tear or cut the chicken meat into shreds. Cut the ham into thin strips.
3. Trim and boil the bamboo shoots for about 10 minutes, remove and shred it. Soak mushroom in water and remove the steam.
4. Beat the eggs to make two thin pancakes. Cut into thin strips.
5. In a soup bowl, place the mushroom upside down in the center. Arrange the shredded chicken, ham and egg attractively in the bottom of the bowl. Stuff the center with bamboo shoots, sprinkle 1/4t. salt and 1/2C. soup stock. Steam for 20 minutes.
6. Turn the bowl over into a large soup bowl. Bring the soup stock to a boil and season with salt. Pour the soup over the steamed bowl. Remove the steamed bowl carefully and serve.

「蘇式燻魚」

材料

草魚中段 600 公克
蔥 3支
薑 5 片
炸油 4 杯

調味料

（1）醬油 4 大匙，酒 1 大匙，水 2 大匙
（2）醬油 3 大匙，糖 4 大匙，開水 1 杯，五香粉 1 茶匙，麻油少許

註

此種燻魚，係蘇州做法，較其他燻魚的甜味略重。

做法

1. 魚洗淨、擦乾，由背部下刀、片開成為兩大塊後，再將每塊打斜切成 5~6 斜片。
2. 蔥與薑拍碎後放在大碗內，加入調味料（1）拌勻，再放入魚片醃泡15~20 分鐘左右（需上下翻動 2~3 次，以便均勻上色）。
3. 開水中加糖和醬油煮滾，調入麻油和五香粉，做成醬汁。
4. 炸油燒熱後將魚片分 2~3 批落鍋炸酥（每批約炸 3 分鐘左右），撈出後瀝乾油漬，立刻趁熱泡入醬汁中，浸泡 3~4 分鐘左右。
5. 當第二批魚炸好時，即可將第一批泡在醬汁中的魚片挾出裝盤，續泡第二批魚片。

「Deep Fried Fish Suzhou Style」

Note

This kind of fried fish is sweeter than the other provinces.

Ingredients:

600g fish meat (any white meat fish), 3 stalks green onion, 5 slices ginger, 4C. oil

Seasonings:

（1）4T. soy sauce, 1T. wine, 2T. water
（2）3T. soy sauce, 4T. sugar, 1C. boiling water, 1t. five spice powder, a little of sesame oil

Procedures:

1. Slice the fish meat into large pieces, about 3×6 cm.
2. Crush green onion and ginger, mix with seasonings (1). Marinate the fish slices for about 15~20 minutes.
3. Add soy sauce and sugar to boiling water, bring to a boil again, mix sesame oil and five spice powder in.
4. Heat the oil to very hot, fry the fish until very dark (about 3 minutes). Remove the fish and soak in brown sauce immediately, soak for about 3~4 minutes. You may deep fry those fish slices separately.
5. Remove the fish from the sauce and lay on platter. Let it cools before serving.

蘇式燻魚 Deep Fried Fish Suzhou Style

West Lake Fish 西湖醋魚

「西湖醋魚」

材料

活草魚中段 1 段（約 500 公克），
嫩薑絲 1/2 杯，蔥支 2 片，薑片 2 片

調味料

酒 1 大匙，清湯 1 1/2 杯，
深色醬油 2 大匙，糖 3 大匙，
鎮江醋 4 大匙，鹽 1/2 茶匙，
藕粉（或太白粉）3 大匙，
麻油 1/3 茶匙

註

1. 此菜必須用活殺之魚才夠鮮嫩，也可用大火蒸熟，而不必川煮。
2. 如有醬色，可用 1 大匙醬色代替深色醬油。

做法

1. 將魚清洗乾淨後，從背部下刀剖開，使魚成為兩片。
2. 在鍋內燒滾 4 杯開水（加入蔥支、薑片同煮），將魚背面朝上投入水中川煮，待再沸滾後改為小火，泡煮約 2～3 分鐘左右，至魚肉已熟時，立刻熄火、撈出裝在長盤內。
3. 嫩薑絲用冷開水泡一下，擠乾，撒在盤中魚的身上。
4. 將 2 大匙油燒熱，淋下酒爆香，隨即加入清湯 1 1/2 杯（可利用川燙魚之水），再加入醬油、糖、醋、鹽等，待再沸滾時，淋下已調水溶解之藕粉（或太白粉）勾芡，最後滴下麻油便可全部淋在魚上，趁熱上桌。

「West Lake Fish」

Ingredients:

600g. fish (carp of any kind of fresh water fish),
1/2C. shredded ginger, 2 stalks green onion,
2 slices ginger

Seasonings:

1T. wine, 2 1/2C. soup stock, 2T. soy sauce,
3T. sugar, 4T. brown vinegar, 1/2t. salt,
3T. lotus root starch or cornstarch,
1/3t. sesame oil

Procedures:

1. Scale and clean the fish. Split it lengthwise into two pieces.
2. Put the fish in boiling water with green onion and ginger, cook for about 2 minutes over medium low heat until the fish is done. Remove the fish from soup and place on a platter.
3. Sprinkle the shredded young ginger over the fish.
4. Heat 2T. oil in a sauce pan, splash wine in, add soup stock immediately. Add soy sauce, sugar, vinegar, and salt . Thicken with lotus root starch or cornstarch when the soup is boiling. Sprinkle sesame oil at last, pour the sauce over the fish. Serve immediately.

松鼠黃魚

材料

大黃魚（或長型魚）1 條 約 700～800 公克，香菇 2 個，洋蔥丁 1/2 杯，蕃茄丁 1/2 杯，青豆 2 大匙，炸油 6 杯

醃魚用料

鹽 1 茶匙，酒 1 大匙

麵糊用料

雞蛋 1 個，麵粉 4 大匙，太白粉 4 大匙，冷水 6～8 大匙

綜合調味料

醬油 1/2 大匙，酒 1 大匙，糖 4 大匙，白醋 4 大匙，蕃茄醬 4 大匙，清水 6 大匙，太白粉 2 茶匙，鹽 1/3 茶匙，麻油 1/2 茶匙

做法

1. 將魚頭切下，由嘴巴底部對剖成一大片，撒少許鹽留用。魚身部份剔除大骨，取下兩面魚肉，在魚肉上先直切三長刀，再橫面劃切，每隔 1.5 公分切一刀，切好後撒下醃魚料醃十數分鐘。
2. 香菇泡軟後切 1 公分小丁；蕃茄去皮，和洋蔥均切成小丁狀留用。
3. 將炸油燒熱後投下沾裹了麵糊料之魚肉，用大火炸熟（約 2 分鐘）。撈出，將油再燒熱，放下魚再炸至十分酥脆時撈出，排在大盤中，另將魚頭也裹上麵糊，炸好放在盤中之一端。
4. 在鍋內燒熱 2 大匙油炒香洋蔥丁，再放進冬菇丁、蕃茄丁及青豆，加入綜合調味料煮滾，迅速淋到魚上即可。

「Sweet and Sour Boneless Fish」

Ingredients:

1 whole fish (about 700~800g.), 2 shitake mushrooms, 1/2C. diced onion, 1/2C. diced tomato, 2T. green peas, 6C. oil

Seasonings:

Flour batter：egg, 4T. flour, 4T. cornstarch, 6~8T. water
Seasonings：（1）1/2t. salt, 1T. wine
（2）1/2T. soy sauce, 1T. wine, 4 T. sugar, 4T. vinegar, 4T. ketchup, 6T. water, 2t. cornstarch, 1/3t. salt, 1/2t. sesame oil

Procedures:

1. Cut off the fish's head. Split the fish lengthwise to get two pieces of fish meat, remove the bones. Cut three deep slashes lengthwise on the meat side and slash the same way crosswise 1/2" apart. Marinate the fish with salt and wine for 10 minutes.
2. Soften the mushroom with warm water. Cut into cubes.
3. Heat the oil. Coat the fish head and meat with the mixed flour batter. Fry them until golden brown, about 2 minutes, remove. Reheat the oil, deep fry over high heat until crispy, drain. Arrange on a large platter.
4. Heat 2T. oil, stir fry onion, mushroom, tomato and peas. Add seasonings (2), bring to a boil. Pour the sauce over the fish and serve.

松鼠黃魚 Sweet and Sour Boneless Fish

Fish Rolls with Sweet Sour Sauce 醋溜魚捲

「醋溜魚捲」

材料

白色魚肉 450 公克，熟火腿絲 3 大匙，
冬菇絲（泡軟、蒸過）3 大匙，蔥絲 1 大匙，
嫩薑絲 1 大匙，洋蔥丁 3 大匙，紅辣椒丁 2 大匙，
青豆 2 大匙，炸油 5 杯

調味料

（醃魚料）鹽 1/3 茶匙，酒 1/2 茶匙
（麵糊用料）雞蛋 1 個，麵粉 1/2 杯，發泡粉 1 茶匙，水 1/4 杯
（綜合調味料）糖 3 大匙，醋 4 大匙，蕃茄醬 3 大匙，
清水 4 大匙，鹽 1/3 茶匙，太白粉 1 茶匙，麻油
1/4 茶匙

做法

1. 將魚肉切成約 4×8 公分之薄片，全部放在大碗內，加入醃魚料拌醃 10 分鐘左右。
2. 將醃過之魚片平鋪在砧板上，撒下少許乾太白粉，然後將 4 種絲料，各放進 2~3 支，由手邊捲起成筒狀。
3. 麵糊料調勻，將魚捲沾上麵糊後，立即投入燒熱之炸油中炸熟（約 1 分半鐘），先撈出一次，修剪一下，再重炸 10~15 秒至酥脆為止，瀝乾油。
4. 另用 1 大匙油炒香洋蔥丁，放下紅椒丁與青豆，並倒下綜合調味料，用大火煮滾熄火後，將魚捲落鍋、快速一拌，即裝盤上桌。

「Fish Rolls with Sweet Sour Sauce」

Ingredients:

450g. fish fillet, 3T. shitake mushroom shreds (soaked, steamed and shredded), 3T. shredded ham, 1T. shredded green onion, 1T. shredded ginger, 2T. diced red pepper, 3T. diced onion, 2T. green peas, 5C. oil for deep frying

Flour batter:

1 egg, 1/2C. flour, 1t. baking powder, 1/4C. cold water

Seasonings:

（1） 1/3t. salt, 1/2T. wine
（2） 3T. sugar, 4T. vinegar, 3T. ketchup, 4T. water,
1/3t. salt, 1t. cornstarch, 1/4t. sesame oil

Procedures:

1. Cut fish crosswise into 4×8 cm pieces, marinate with seasonings (1) for about 10 minutes.
2. Sprinkle a little bit of cornstarch on fish, place a few pieces of shredded ingredients on the fish and roll it up.
3. Coat fish rolls with mixed flour batter and deep fry it until brown (about 1 1/2 minutes), remove fish rolls , reheat oil and deep fry it once until crispy, remove fish rolls.
4. Heat only 1T. oil to stir fry diced onion, red pepper, green peas and seasonings (2), stir until sticky. Add fish rolls, mix quickly and serve immediately.

「炸蝦球」

材料

蝦仁 450 公克，絞肥豬肉 100 公克，蔥 2 支，薑 5 片，清水 3 大匙，炸油 5 杯，花椒鹽 2 茶匙

調味料

鹽 1/2 茶匙
酒 1 大匙
蛋白 1 個
太白粉 2 大匙

註 蝦泥做好後可放冰箱中冷藏1天。

做法

1. 將蝦仁用鹽抓洗、沖淨並擦乾，用刀面全部拍碎，再仔細斬剁，使成為極細爛之蝦泥，盛入大碗中，再將肥豬肉也加入蝦泥中。
2. 用刀拍碎蔥和薑，放在小碗內，加入清水 3 大匙浸泡 5 分鐘。
3. 將鹽和酒加入蝦泥中調拌，再將蔥薑水分 3 次陸續加進，每次都要加以調拌均勻。
4. 將蛋白先打鬆後倒入蝦泥中調拌，再加入太白粉仔細拌勻。
5. 鍋內炸油燒至 8～9 分熱，改成小火，用左手抓一把蝦泥，做成蝦球狀，右手執湯匙（需先沾過冷水）取下蝦球（約乒乓球大小）、投入油中。待全部做完後，即用中小火慢炸。
6. 約3分鐘後，見蝦球已全部浮起，用筷子分開相黏者，炸至微黃而熟透時，撈出裝盤，附少許花椒鹽、馬上上桌。

「Deep Fried Shrimp Balls」

Note

The shrimp mixture may be kept in refrigerator for 1 day before frying.

Ingredients:

450g. shrimp (shelled), 100g. pork fat (minced), 2 stalks green onion, 5 slices ginger, 3T. water, 5C. oil, 2t. brown peppercorn salt

Seasonings:

1/2t. salt, 1T. wine, 2T. egg white, 2T. cornstarch

Procedures:

1. Rinse and drain the shrimp to very dry, chop the shrimp and pork fat to very fine. Place in a bowl.
2. Crush green onion and ginger, soak with 3T. water for about 10 minutes.
3. Mix shrimp with salt and wine, add juice from #2, one tablespoon at a time, mix well after each addition.
4. Add beaten egg white to shrimp mixture. Add cornstarch and mix well.
5. Heat oil in a frying pan. Wet left hand, place 1～2T. mixture in left palm to make shrimp ball, remove to oil with a wet spoon. Separate the balls when they raise up and become crispy and golden. Keep the oil at 240℃ and fry them for about 3 minutes.
6. Remove shrimp balls to a platter, serve immediately with brown peppercorn salt.

炸蝦球 Deep Fried Shrimp Balls

Prawns with Tomato Sauce 茄汁明蝦

「茄汁明蝦」

材料

中型明蝦8隻，洋蔥1/2個，蔥屑2大匙，薑屑1大匙

調味料

酒1大匙
鹽1/2茶匙
糖2茶匙
清湯（或水）1 1/2杯
甜酒釀（可免）1大匙
蕃茄醬4大匙
太白粉水2茶匙

做法

1. 明蝦修剪好，剖開蝦背，抽出腸沙，然後洗淨、瀝乾。
2. 洋蔥切成粗絲，用2大匙油炒至軟，盛入盤中。
3. 炒鍋內先燒熱3大匙油後，放下全部明蝦（入鍋時要將每隻蝦彎曲放下），將明蝦兩面均煎至紅色。
4. 見明蝦全部煎紅後，淋下酒、並放鹽、糖及清湯，用大火燒煮1分多鐘，至明蝦已熟透，即可連湯全部盛出。
5. 另燒熱2大匙油，放下蔥屑、薑屑爆香，再加入甜酒釀同炒，接著放蕃茄醬拌炒，煮約半分鐘，將明蝦連湯傾入、拌勻，再煮半分鐘，便可勾芡盛裝在洋蔥上。

「Prawns with Tomato Sauce」

Ingredients:

8 pieces fresh prawn
1/2 onion
2T. green onion, chopped
1T. ginger, chopped

Seasonings:

1T. wine, 1/2t. salt, 2t. sugar, 1 1/2C. soup stock (or water), 2T. fermented sweet rice, 4T. ketchup, 2t. cornstarch paste

Procedures:

1. Trim the prawns, do not peel it, rinse and drain.
2. Shred the onion, stir fry with 2T. oil until soft, remove to a plate.
3. Heat 3T. oil to fry both sides of the prawns until red.
4. Sprinkle wine and add salt, sugar and soup stock, cook for about 1 1/2 minutes. Remove all.
5. Heat another 2T. oil to stir fry chopped green onion and ginger, add fermented sweet rice and ketchup, stir-fry until fragrant. Add prawns to sauce mixture, cook for another half minute, thicken with cornstarch paste, remove and arrange on top of onion.

「蟹黃菜心」

材料

- 熟蟹肉 1/2 杯
- 熟蟹黃 1/3 杯
- 青江菜心 15 小棵
- 蔥屑 1 大匙
- 薑屑 1 大匙
- 蛋白 1 個

調味料

- 鹽 1 茶匙
- 酒 1 大匙
- 太白粉水 1 大匙
- 清湯 3 杯

註 此菜也可將青江菜改為白菜心、青花菜、黃瓜片或蘆筍、豆腐、草菇等。

做法

1. 將青江菜用開水燙 1分鐘（大火），撈出後用冷水沖涼，再用 2 大匙油炒過，加鹽調味，並加 1 杯清湯煮約 1 分鐘，盛出後裝盤。
2. 將 2 大匙油燒熱，先放下蔥屑及薑屑爆香，再將蟹肉落鍋略炒，淋下酒，注入 2 杯清湯，加鹽調味並勾芡。
3. 將熟蟹黃略切碎，加入鍋中拌合，並淋下打散之蛋白，迅速攪勻，淋在青江菜心上即可。

「Green Cabbage with Crab Sauce」

Ingredients:

1/2C. cooked crab meat, 1/3C. cooked crab roe, 15 pieces small green cabbage, 2T. egg white, 1T. chopped ginger, 1T. chopped green onion

Seasonings:

1t. salt, 1T wine, 1T. cornstarch paste, 3C. soup stock

Note

Chinese cabbage, cauliflower, cucumber, asparagus or mushroom may be used in stead of green cabbage if you prefer.

Procedures:

1. Boil cabbage in boiling water for about 1 minute over high heat, remove cabbage and rinse with cold water. Stir fry with 2T. oil, add 1 cup of soup stock, season with salt, cook for 1 minute, remove and arrange on a plate.
2. Heat 2T. oil to stir fry green onion and ginger for a few seconds, add the crab meat and splash with wine, add 2 cups of soup stock, season with salt and thicken with cornstarch paste.
3. Add the crab roe (cut into small cubes) and splash beaten egg white carefully. Stir until blended, pour this crab sauce on top of green cabbage, serve hot.

蟹黃菜心 Green Cabbage with Crab Sauce

Assorted Dish with Brown Sauce 全家福

「全家福」

材料

雞肉 150 公克、絞豬肉 120 公克、海參 450 公克、
火腿 100 公克、冬菇 5 個、筍 1 支、豌豆莢 12 片、
水發魷魚半條、雞蛋 2 個

調味料

（1）醬油 1 茶匙、太白粉 2 茶匙、水 1 大匙、鹽、
胡椒粉各少許
（2）酒 1 大匙、醬油 4 大匙、鹽 1 茶匙、清湯 2 杯、
太白粉水 1 大匙、麻油 1/2 茶匙

做法

1. 先將 1 個蛋打散，再加入少許鹽、1 茶匙太白粉水（1 茶匙水加 1/2 茶匙太白粉先調勻）調勻，煎成一張蛋皮。
2. 絞豬肉再仔細斬剁一下，加入調味料（1）拌勻，將肉餡塗在蛋皮上、捲成筒狀，放在盤上，入鍋蒸熟。
3. 雞肉與火腿先整塊煮熟，分別切成大薄片（煮過之湯可當做清湯用）。
4. 冬菇泡軟、筍煮熟，分別切片；魷魚在內部切刀紋、分成小塊，用開水燙熟。
5. 海參先用水（水中加蔥薑酒少許）煮 10 分鐘後撈出，斜切成大片，用約 2 大匙油爆炒一下，淋下醬油 2 大匙，煮約半分鐘後撈出，鍋中之湯汁倒棄。
6. 另用 1 大匙油炒冬菇、筍、雞肉及豌豆莢，加入清湯、醬油 2 大匙和鹽同煮 1 分鐘，然後放進海參、魷魚及火腿，再煮數秒即勾芡，淋下麻油，裝入大盤內，蒸熟之蛋捲切成片狀，預先放在大餐盤中，不必下鍋再煮。

註 此菜所用材料不宜硬性規定，其種類及份量均可加多或減少。

「Assorted Dish with Brown Sauce」

Ingredients:

150g. cooked chicken meat , 120g. minced pork, 450g. sea cucumber, 100g. ham, 5 black mushrooms, 1 bamboo shoot, 12 snow pea pods, 1/2 squid (soaked), 2 eggs

Seasonings:

(1) 1t. soy sauce, 2t. cornstarch, 1T. water, salt & pepper
(2) 1T. wine, 4T. soy sauce, 1/3t. salt, 2C. soup stock,
1T. cornstarch paste, 1/2t. sesame oil

Note

A variation of the ingredients may be optional.

Procedures:

1. Beat 1 egg, add 1/6t. salt, 1/2t. cornstarch, and 1t. water (mix water and cornstarch first), mix well. Make it into a large thin pancake.
2. Mix seasonings (1) with minced pork, mix well. Place a thin layer of meat mixture on the pancake, roll it into a tube, steam for about 10 minutes or until done.
3. Slice ham, chicken, and squid into different shape.
4. Slice cooked bamboo shoot. Soak dried mushrooms in warm water until soft, remove the stem and slice it.
5. Boil the sea cucumber with some extra green onion, ginger and wine for about 10 minutes. Slice it into large pieces and then stir fry it with 2T. oil, add 2T. soy sauce, cook for about 1/2 minute. Drain and discard the juice.
6. Heat 2T. oil. to stir fry the chicken meat, bamboo shoots, mushrooms and pea pods, add soup stock, 2T. soy sauce and salt, cook for 1 minute. Thicken with cornstarch paste, sprinkle sesame oil. Arrange the sliced meat roll on a large platter. Pour all the ingredients on the platter and serve.

「紅扒鵪鶉蛋」

材料

熟鵪鶉蛋 12 粒，草菇（或小型香菇）12 朵，
青江菜心 12 棵，麵粉 2 大匙，太白粉 1 茶匙

調味料

醬油 2 大匙
糖 1 茶匙
鹽 1/4 茶匙
清湯 1/2 杯
麻油 1/4 茶匙

做法

1. 青江菜心用開水燙熟（大火約燙 1 分半鐘），撈出沖涼、擠乾。
2. 鵪鶉蛋洗淨，擦乾水份放在碗內，加入 2 大匙醬油，醃泡約 2 分鐘（需不斷加以搖動），再沾滿麵粉，立刻投入已燒熱的油中炸黃，撈出備用。
3. 將剩餘醬油和其他調味料一起調勻。
4. 燒熱 1 大匙油炒青江菜，同時淋下調味料，炒煮約 1 分鐘後挾出，排在盤中。
5. 另將草菇放入鍋中再煮半分鐘，勾芡，熄火後，再加入鵪鶉蛋，略加拌合，即可盛在盤中菜心上，趁熱上桌。

「Quail Eggs in Brown Sauce」

Ingredients:

12 quail eggs, 12 straw mushrooms, 12 small green cabbage, 2T. cornstarch paste

Seasonings:

2T. soy sauce, 1t. sugar, 1/4t. salt, 1/2C. soup stock, 1/4t. sesame oil

Procedures:

1. Rinse the quail eggs, drain and pat dry, marinate with soy sauce for about 2 minutes, turn the eggs over frequently. Coat with flour, deep fry the eggs until light brown.
2. Cook the green cabbage in boiling water. Plunge into cold water immediately and then squeeze it dry.
3. Mix the remaining soy sauce with other seasonings to make a seasoning sauce.
4. Heat 1T. oil to stir fry the green cabbage, add the seasoning sauce, cook for about 1 minute. Remove to a plate.
5. Add mushrooms to the wok, cook for about 1/2 minute. Thicken with cornstarch paste, then turn off the heat. Add quail eggs, mix and remove all to the plate. Serve.

紅扒鵪蛋 Quail Eggs in Brown Sauc

Cabbage with Cream Sauce 奶油白菜

「奶油白菜」

材料

大白菜 600 公克
清湯 1 杯
奶水 3 大匙
火腿屑 1 大匙

調味料

鹽 1 茶匙
糖 1/2 茶匙
太白粉水 1 大匙

註 此菜也可加入蝦米或是干貝之類鮮味材料同炒。

做法

1. 大白菜洗淨，先切成 6 公分長段，再順紋切成 2 公分寬之條狀，（葉子可切得寬一些）。
2. 在炒鍋內燒熱 2 大匙油之後，放下全部白菜拌炒，先放入厚的部份略炒片刻，再加放葉子，以大火炒至變軟，加入鹽 1/2 茶匙及糖調味，然後鏟出，瀝乾菜汁。
3. 將炒鍋洗淨，重新燒熱後放下 1 大匙油及 1 杯清湯，待湯再煮沸時加入 1/3 茶匙的鹽，並用調水之太白粉勾芡使成為糊狀，隨即再淋下奶水攪勻，盛出一半的奶油糊放在小碗內。
4. 將白菜傾入鍋中和奶油糊拌勻，盛裝到菜盤上，然後將預先盛出之奶油淋在上面，撒下火腿屑便可。

「Cabbage with Cream Sauce」

Note

For this dish, we may add 1/3 cup of shrimp or scallops in the sauce.

Ingredients:

600g. chinese cabbage, 1C. soup stock, 3T. cream, 1T. chopped ham,

Seasonings:

1t. sugar
1t. salt
1T. cornstarch paste

Procedures:

1. Trim and rinse the cabbage, cut into 6 cm long, then slice into 2 cm wide strips.
2. Heat 2T. oil to stir fry the cabbage over high heat for about 3 minutes until the cabbage is soft, season with salt and sugar. Drain .
3. Heat 1T. oil in a sauce pan, add soup stock and salt, thicken with cornstarch paste. Add cream, stir well. Remove half portion of the cream sauce , add cabbage to the sauce pan, mix thoroughly.
4. Remove the cabbage to a plate, then pour the reserved sauce on top, decorate with ham. Serve.

「什錦素燴」

材料

馬鈴薯 1 個，白蘿蔔 1 小條，胡蘿蔔 1/2 條，
罐頭洋菇 10 粒，草菇 7～8 粒，白果 10～15 粒，
青花菜 1/2 棵，乾通心粉 1/3 杯

調味料

清湯 2 杯
鹽 1 茶匙
糖 1/2 茶匙
太白粉水適量
麻油 1/4 茶匙

做法

1. 白蘿蔔與胡蘿蔔削去皮後用水煮熟，挖成圓球形。
2. 青花菜摘成小朵；馬鈴薯削皮、用波浪刀切成條。
3. 洋菇一切為四；通心粉放入開水中煮 7 分鐘、撈出後，用冷水沖淋一下留用。
4. 青花菜、草菇、馬鈴薯、白果分別放入滾水中燙煮一下，撈出。
5. 油燒熱，放進各種材料同炒（除通心粉之外），加入清湯及鹽、糖調味，並煮 2 分鐘，加入通心粉再煮一滾，勾芡後滴下麻油即可。

註 此菜如在最後加入奶水3大匙拌勻即成為奶油素燴，味道特別，也非常可口。

「Saut´e mixed Vegetables」

Ingredients:

1 potato, 1 turnip (about 300g.), 1/2 carrot, 10 mushrooms, 7～8 straw mushrooms, 10～15 ginkgo nuts, 1/2 broccoli, 1/3C. macaroni or penne

Seasonings:

2C. soup stock, 1t. salt, 1/2t. sugar , 1T. cornstarch paste, 1/4t. sesame oil

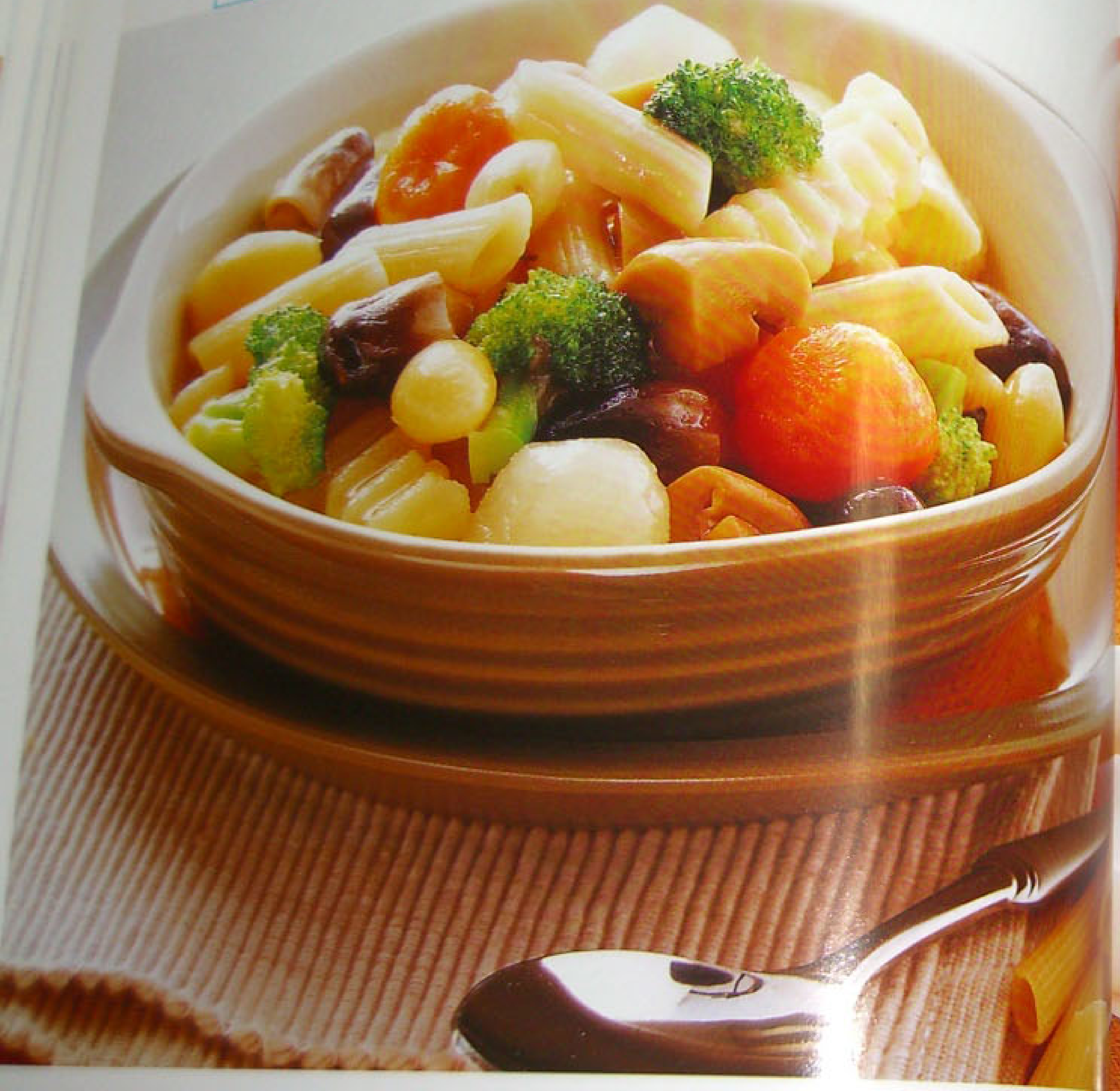
Note

To make a richer sauce, add 3T. cream to sauce at last.

Procedures:

1. Peel turnip and carrot, boil to soft, scoop into ball shape .
2. Trim broccoli. Peel potato, cut into strips.
3. Cut each mushroom to 2 or 4 pieces. Boil macaroni to done, drain and rinse with cold water.
4. Blanch broccoli, straw mushrooms, potato strips, and ginkgo nuts separately, drain.
5. Heat the oil to stir fry all the ingredients (except the macaroni), add soup stock, season with salt and sugar, bring to a boil, cook for 2 minutes. Add macaroni, thicken with cornstarch paste after it boils again, add sesame oil at last, mix and serve.

什錦素燴 Saut'e mixed Vegetabl



Scallops with Turnip Balls 干貝蘿蔔球

「干貝蘿蔔球」

材料

- 干貝 30 公克
- 白蘿蔔 900 公克
- 胡蘿蔔 250 公克
- 清湯 2 杯

調味料

- 薑 1 片
- 鹽 1/2 茶匙
- 酒 1 大匙
- 太白粉水 1 大匙

註 此菜也可用冬瓜挖球來烹煮。

做法

1. 將干貝用溫水略洗，放入 2/3 杯熱水中浸泡 20～30 分鐘後，放入鍋中蒸軟，約蒸半個小時左右。取出待稍涼後，用手撕散備用。
2. 將白蘿蔔直切成兩半，放入水中煮約 10 分鐘後，加入胡蘿蔔同煮，微軟後撈出，用挖球器挖成小球（或用刀削成圓球狀），全部放入 1 杯清湯中再煮至透明且已夠爛即可撈出。
3. 將油 1 大匙燒熱後放下薑片爆過，再將干貝下鍋略炒，續將蘿蔔球落鍋同炒，淋下酒及蒸干貝之汁與另外 1 杯清湯，放下鹽調味，再煮 1 分鐘，勾芡後即可裝盤。

「Scallops with Turnip Balls」

Note

Instead of turnip, winter melon may be used.

Ingredients:

30g. dried scallops, 900g. turnips, 250g. carrot, 2C. soup stock

Seasonings:

1 slice ginger, 1/2t. salt, 1T. wine, 1T. cornstarch paste

Procedures:

1. Soak the scallops in 2/3C. hot water for 20~30 minutes, steam it for another 1/2 hour. When soft, tear apart the scallops with fingers. Save the stock.
2. Cut turnip lengthwise, cook with water for about 10 minutes. Add carrot in, cook together until a little soft, remove. Scoop both into small balls, cook with 1 cup of soup stock until tender enough, remove.
3. Heat 1T. oil to fry ginger and scallops. Stir fry for a few seconds, then add turnip and carrot balls, splash wine and all soup stock (including the stock from steamed scallops). Cook for about 1 minute over low heat. Season with salt and thicken with cornstarch paste. Serve.

南部菜

Southern

黑
興
安
嫩
江
合
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「蔥油雞」

材料

雞腿 2 支，蔥 2 支，薑 3 片，
蔥絲 1/2 杯，嫩薑絲 1/3 杯

調味料

鹽 1 茶匙
酒 1 大匙
油 3 大匙

做法

1. 蔥、薑略拍碎後和鹽、酒共放在一只盆中，加以調拌均勻。切好之蔥、薑條用冷開水浸泡一下（如有冰水更佳）。
2. 雞洗淨，擦乾水份，放在盆中，用蔥、薑之混合料均勻地搓擦，醃半小時以上（2 小時以內）。
3. 將醃過之雞腿連醃料一起上鍋用大火蒸熟，約 10～12 分鐘即可，關火後再燜 10 分鐘。
4. 將雞斬成適當之長方塊，排列在盤內，並將瀝乾的蔥、薑絲分別撒在雞肉上。
5. 淋下燒得極熱的油，將油倒回鍋中燒熱、再淋一次，待油全部澆完，蔥薑絲已呈現半熟狀而雞肉也香嫩可食。

註

1. 將蒸雞時所蒸出之汁用少許太白粉水勾芡淋在雞上，更加味美。
2. 此菜也可將雞改為在鹽水滷內燙煮至熟，其他則做法相同。

「Steamed Chicken with Green Onion」

Ingredients:

2 chicken legs, 2 stalk green onion, 3 slices ginger, 1/2C. shredded green onion, 1/3C. shredded young ginger

Seasonings:

1t. salt, 1T. wine, 3T. oil

Procedures:

1. Crush green onion and ginger, mix with wine and salt. Soak shredded green onion and ginger in iced water, drain it before use it.
2. Rinse and rub the chicken with green onion mixture, marinate for about 1/2 hour, but do not over 2 hours.
3. Steam the chicken and the marinade together over high heat for 10～12 minutes. Turn off heat and remove the chicken after 10 minutes.
4. Cut the chicken into pieces, arrange on a platter. Sprinkle the shredded green onion and ginger, pour over green onion on top.
5. Pour the heated oil over green onion. Pour the oil back to wok and reheat it again, pour over green onion to make the fragrant come out. Serve.

Note

1. You may ticken the juice (which come from steamed chicken), and pour it over chicken to make the chicken more tasty.
2. You may boil the chicken legs in salty chicken soup, then follow the procedure (4) and (5).

蔥油雞 Steamed Chicken with Green Onion

Crispy Chicken 脆皮肥雞

「脆皮肥雞」

材料

小嫩雞 1 隻（約 1.5 kg），檸檬 1/2 個，花椒鹽 1 茶匙

醃雞料

蔥 2 支，薑 2 片，花椒粒 1 茶匙，鹽 1 1/2 茶匙，酒 2 大匙

淋雞用料

麥芽糖（或蜂蜜）2 大匙，白醋 2 大匙，開水 1 杯

做法

1. 在大盆內混合醃雞料，然後將已洗淨之雞整隻放進盆中，揉搓雞身，醃 1 小時。
2. 淋雞用料先在鍋內調配妥當，用湯勺澆淋（或用小刷子塗擦）在雞身各處，重複淋澆多次，然後用一條繩子紮在雞頭，吊掛在臨風口處吹乾（約 6 小時左右）。
3. 在鍋內燒熱炸油後，將雞用漏勺托住，放進油中，並應將油不斷用鏟子澆淋在雞身上，用小火慢慢炸至表面脆且焦黃，約需炸 15 分鐘。
4. 將雞瀝乾油後，迅速將雞斬剁成 1.5 公分寬之長方塊，整齊排放在菜盤中，附上切開之檸檬及少許五香花椒鹽一起上桌。

註 此菜係著名的粵菜之一，首先需注意選購嫩而較肥之雞，又必須吹至雞皮十分乾硬始能炸脆而歷久不軟，斬切時動作要快速才好。

「Crispy Chicken」

Ingredients:

1 whole chicken (about 1.5kg)
1/2 lemon
1t. brown peppercorn salt

Seasonings:

(1) 2 stalks green onion, 2 slices ginger, 1t. brown peppercorn, 1 1/2t. salt, 2T. wine, 6C. oil (for deep fry)
(2) 2T. syrup or honey, 2T. vinegar, 1C. boiling water

Procedures:

1. Mix seasoning (1) in a big bowl, marinate the chicken for about 1 hour.
2. Mix seasoning (2) in a wok, pour it all over the chicken for many times. Tie a string over the neck, hang it up in a drafty place to wind dry for about 6 hours.
3. Deep fry the chicken over low heat. Baste the chicken with oil constanty so that it will be evenly brown, usually it will take about 15 minutes.
4. Remove chicken and drain off the oil. Cut into pieces about 1.5 cm wide. Arrange on a platter. Serve with peppercorn salt and lemon slices.

Note

This is a well known Cantonese dish. The chicken should be tender enough for deep frying. Make sure the skin is thoroughly wind dried to insure the crispness. Chop quickly in order to serve it hot.

「金華玉樹雞」

材料

連骨雞胸 1 個，熟火腿 150 公克，豆苗 200 公克，
蔥 2 支，薑 3 片

調味料

鹽 1/3 茶匙
太白粉 2 茶匙
雞湯 1 2/3 杯

做法

1. 在鍋內煮滾蔥、薑和 6 杯開水，放下雞胸，蓋好鍋蓋，用大火煮 5 分鐘，然後將雞翻一個面，再煮 4 分鐘，關火再燜 15 分鐘後，取出雞胸。
2. 將雞骨全部拆除，盡量保持雞肉之完整，然後將雞肉斜刀切成 2.5×5 公分之片狀，再按原形排在餐盤中。
3. 將火腿切成同雞肉一樣大小（或稍小一點）之薄片，夾放在雞肉之間。
4. 將原來煮雞之湯燒滾，取一杯澆在餐盤內，浸泡著雞肉與火腿，約浸 5 分鐘後倒出。
5. 另將 2/3 杯雞湯在鍋內煮滾，加鹽調味，再用太白粉水勾芡，淋在盤中雞與火腿上。
6. 盤邊圍上炒過並調味的豆苗。

註　「金華」是我國盛產火腿的地方，因此品質優良之火腿均冠以金華二字。

「Jinhua Chicken」

Ingredients:

1 chicken breast (with bone), 150g chinese ham, 200g. snow pea sprouts, 2 stalks green onion, 3 slices ginger

Seasonings:

1/3t. salt, 2t. cornstarch paste, 1 2/3C. soup stock

Procedures:

1. Boil 6 cups of water with green onion and ginger, put chicken in, cover and cook for 5 minutes, turn chicken over once and cook for another 4 minutes, turn off the heat. Remove chicken after 15 minutes. Reserve the soup stock.
2. Remove chicken bones, slice the meat to 2.5×5 cm pieces, arrange on the platter.
3. Slice the steamed ham to the same size as chicken meat. Arrange 1 piece of ham between two pieces of chicken.
4. Soak the chicken and ham with 1C. boiling soup stock for 5 minutes to make it hot, pour the soup away.
5. Boil another 2/3 cup of soup stock in a sauce pan, season with salt and thicken with cornstarch paste, pour over chicken.
6. Arrange the stir fried snow pea sprouts around the platter before serving.

Note

"Jinhua" is a city of China, which produces the best Chinese ham in the country.

金華玉樹雞 Jinhua Chicken

Diced Chicken with Walnuts 桃仁雞丁

「桃仁雞丁」

材料

雞腿 2 支（約 500 公克），桃仁（或腰果）2/3 杯，青椒 1 個，紅椒 2 支，蔥 3 支（切段），薑 8 小片

醃雞用料

蛋白 1 大匙，醬油 1 大匙，太白粉水 1 大匙

綜合調味料

醬油 1 大匙，醋 1/3 大匙，酒 1 大匙，太白粉 1 茶匙，鹽 1/4 茶匙，糖 2/3 茶匙

做法

1. 雞腿去骨，輕輕在肉面上斬剁數刀，再切成約 2.5 公分四方塊，放入已調勻的醃雞料中拌勻，醃約30分鐘。
2. 青、紅椒分別去籽後切成小方塊。
3. 將 2 杯油燒至五分熱，投下桃仁以小火炸成金黃色（約 3 分鐘），撈出後攤開在紙上待涼。
4. 在炒鍋內將 2 杯油燒至八分熱，放下全部雞肉，用大火炸熟（約半分鐘），隨即撈出，瀝淨油。
5. 在鍋內另燒熱 2 大匙油，爆炒一下薑片和蔥段，放下青椒塊同炒約半分鐘（如喜歡辣味可先加入紅椒），續將雞肉落鍋，用大火拌炒，並將綜合調味料和紅椒倒下、拌炒至熟，將火關熄，再加入桃仁迅速拌勻裝盤。

「Diced Chicken with Walnuts」

Ingredients:

400g. chicken meat, 2/3C. walnut halves (or cashew nuts), 1 green pepper, 1 red hot papper, 3 stalks green onion, 8 slices ginger

Seasonings:

(1) 1T. egg white, 1T. soy sauce, 1T. cornstarch pates
(2) 1T. soy sauce, 1/3T. brown vinegar, 1T. wine, 1t. cornstarch, 1/4t. salt, 2/3 sugar

Procedures:

1. Cut the chicken into pieces, the size about 2.5 cm square, mix seasonings (1) to marinate the chicken for at least 30 minutes.
2. Cut green onion into 1.5 cm long sections. Cut green pepper, red pepper to pieces.
3. Deep fry the walnuts with 100°C oil for about 3 minutes or bake it to done. Set aside and let it cools.
4. Deep fry chicken with 2C. oil (about 160°C). Fry for 1/2 minute. Remove chicken and drain off oil.
5. Heat 1T. oil to stir fry the ginger slices and green onion, when fragrant, add the green pepper. If you like a spicy taste, add the red pepper now, then add chicken, stir for a few seconds, add mixed seasonings (2) and red pepper, stir until thoroughly mixed, turn off the heat. Add the walnuts and mix again, remove to plate, serve.

「雞茸玉米羹」

材料

雞胸肉 80 公克，玉米醬 1 罐，蛋白 3 個，熟火腿屑 1 大匙

調味料

鹽 1 茶匙
清湯 6 大杯
太白粉水 3 大匙

做法

1. 雞胸肉除淨皮與筋，然後再加以剁爛至泥狀，放入碗裡加一個蛋白，慢慢調拌至勻滑，再將另 2 個蛋白也用同樣方法慢慢地拌勻在雞茸裡。
2. 在鍋內燒滾清湯，倒進玉米醬並加調勻，再煮至沸滾，加鹽調味，煮滾後即改為小火，再將太白粉水慢慢淋下，調攪成糊狀。
3. 將雞茸蛋白緩慢淋入鍋內，並需用湯勺速加攪拌。
4. 將煮成之玉米羹盛在湯碗內，並在面上撒下熟火腿屑即可。

註

1. 此菜也可將雞茸改為蝦仁或干貝或鮑魚絲之類，任何個人所喜愛的海鮮品。
2. 此菜也可在起鍋前加入適量牛奶或鮮奶油，則別有一番風味。

「Corn Soup with Minced Chicken」

Ingredients:

80g. chicken breast
1 can creamed corn
3 eggs white
1T. chopped chinese ham

Seasonings:

1t. salt
6C. soup stock
3T. cornstarch paste

Procedures:

1. Mince the chicken breast to very fine. Place in a bowl, add the egg white one by one, mix carefully until thoroughly mixed.
2. Bring 6 cup of chicken soup to a boil, add corn and stir evenly, when the soup boils again, thicken with cornstarch paste.
3. Add the mixed chicken carefully to the soup , stir until blended.
4. Pour the soup to a bowl, sprinkle the ham on top. Serve.

Note

1. Instead of chicken meat, scallops, abalone, or shrimp may be used.
2. You may add 1/3 C. milk or 3T. fresh cream just before turn off the heat.

雞茸玉米羹 Corn Soup with Minced Chicken

Stewed Duck with Vegetables 八珍扒鴨

「八珍扒鴨」

材料

光鴨 1/2 隻（約 1.2kg 重），鴨肫 1 個或雞肫 2 個，筍 1 支，冬菇 3 朵，胡蘿蔔 1/2 支，豌豆莢 10 片，蔥 2 支，八角1 顆

調味料

醬油 6 大匙，酒 1 大匙，
糖 1/2 匙，太白粉水 1 大匙，
麻油 1/3 茶匙

做法

1. 鴨洗淨，擦乾水份，放進一個盆內（鴨皮朝上）淋下醬油塗抹著色，浸泡約 5 分鐘，使鴨皮呈醬油色。
2. 用熱油將鴨皮炸黃，撈出。
3. 用一只深底鍋，先倒下泡過鴨之醬油，並加入酒、蔥、八角、糖煮滾，將鴨入鍋，再注入開水 6 杯，大火煮滾再改用小火燒煮，至鴨酥爛而汁僅剩下一杯為止（約需 2 個半小時）。
4. 鴨肫剔除剔除白筋後，切成薄片，筍與胡蘿蔔先煮熟和泡軟之冬菇分別切成薄片。
5. 將鴨移入盤中（並略拆去大骨），湯汁先過濾，再放下各種切片之材料和豌豆莢到湯汁中，用大火煮滾再勾芡，滴下少許麻油便可澆在鴨肉上。

「Stewed Duck with Vegetables」

Ingredients:

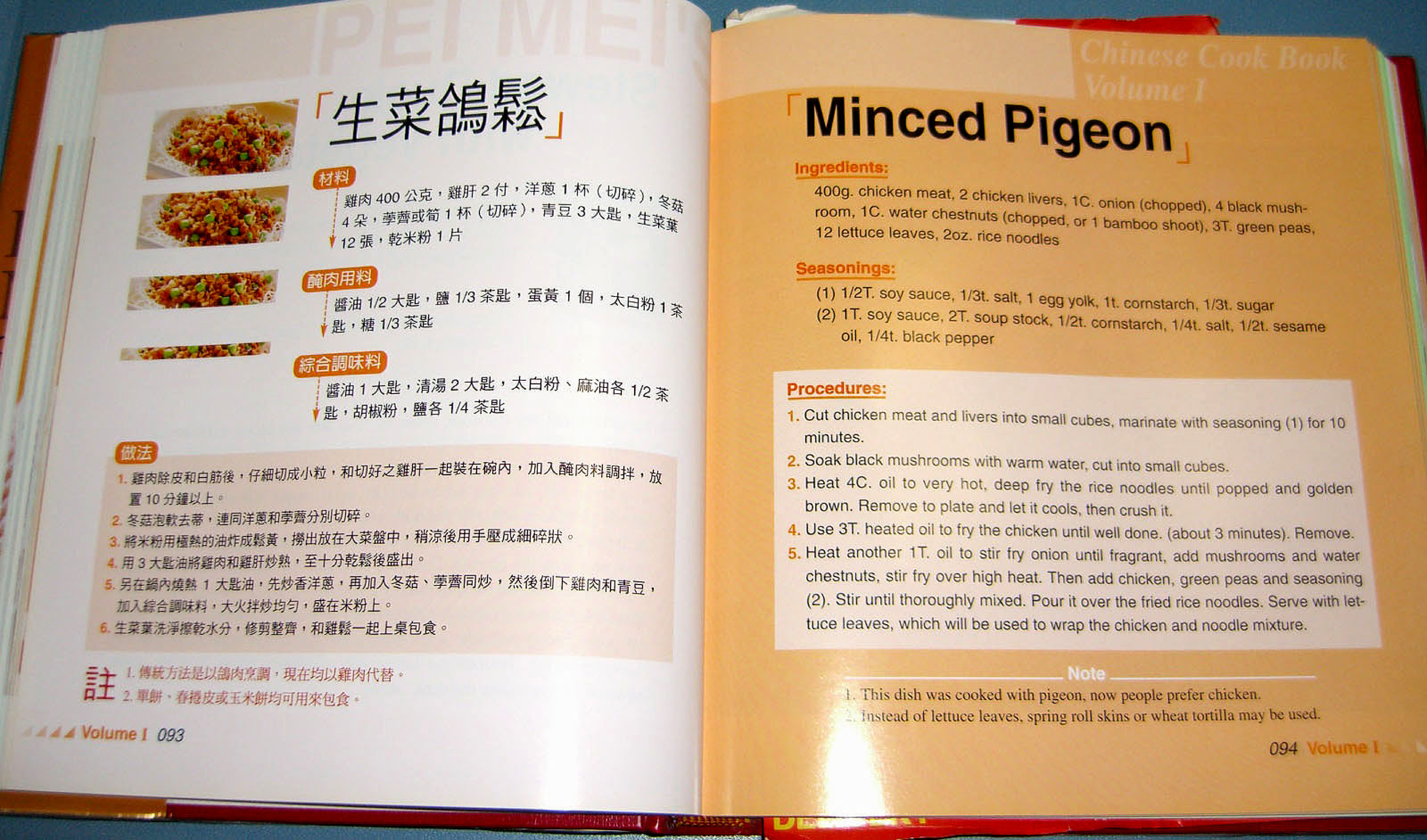
1/2 duck (about 1.2kg), 1 duck gizzard or 2 chicken gizzards, 1 duck liver, 1 bamboo shoot, 3 black mushrooms, 1/2 carrot, 10 snow pea pods, 2 stalks green onion, 1 star anise

Seasonings:

6T. soysauce, 1T. wine, 1/2T. sugar, 1T. cornstarch paste, 1/3t. sesame oil

Procedures:

1. Rinse and pat dry the duck, brush the skin with soy sauce, marinate for 5 minutes.
2. Deep fry the duck until golden brown. Drain.
3. In a deep pot, mix soy sauce from #1, wine, sugar, star anise and green onion, bring to a boil. Put the duck in and cover it with boiling water (about 6C.).Stew it with low heat until the duck is tender enough (about 2 1/2 hours)
4. Trim and slice the gizzard. Cook and then slice the bamboo shoots and carrot, slice the soaked mushrooms.
5. Remove the duck to a platter (remove the large bones from the breast), drain off green onion and star anise from soup. Add sliced ingredients from #4, bring to a boil. Thicken the sauce with cornstarch paste. Sprinkle some sesame oil, pour over the duck. Serve.



「生菜鴿鬆」

材料

雞肉 400 公克，雞肝 2 付，洋蔥 1 杯（切碎），冬菇 4 朵，荸薺或筍 1 杯（切碎），青豆 3 大匙，生菜葉 12 張，乾米粉 1 片

醃肉用料

醬油 1/2 大匙，鹽 1/3 茶匙，蛋黃 1 個，太白粉 1 茶匙，糖 1/3 茶匙

綜合調味料

醬油 1 大匙，清湯 2 大匙，太白粉、麻油各 1/2 茶匙，胡椒粉，鹽各 1/4 茶匙

做法

1. 雞肉除皮和白筋後，仔細切成小粒，和切好之雞肝一起裝在碗內，加入醃肉料調拌，放置 10 分鐘以上。
2. 冬菇泡軟去蒂，連同洋蔥和荸薺分別切碎。
3. 將米粉用極熱的油炸成鬆黃，撈出放在大菜盤中，稍涼後用手壓成細碎狀。
4. 用 3 大匙油將雞肉和雞肝炒熟，至十分乾鬆後盛出。
5. 另在鍋內燒熱 1 大匙油，先炒香洋蔥，再加入冬菇、荸薺同炒，然後倒下雞肉和青豆，加入綜合調味料，大火拌炒均勻，盛在米粉上。
6. 生菜葉洗淨擦乾水分，修剪整齊，和雞鬆一起上桌包食。

註
1. 傳統方法是以鴿肉烹調，現在均以雞肉代替。
2. 單餅、春捲皮或玉米餅均可用來包食。

「Minced Pigeon」

Ingredients:

400g. chicken meat, 2 chicken livers, 1C. onion (chopped), 4 black mushroom, 1C. water chestnuts (chopped, or 1 bamboo shoot), 3T. green peas, 12 lettuce leaves, 2oz. rice noodles

Seasonings:

(1) 1/2T. soy sauce, 1/3t. salt, 1 egg yolk, 1t. cornstarch, 1/3t. sugar
(2) 1T. soy sauce, 2T. soup stock, 1/2t. cornstarch, 1/4t. salt, 1/2t. sesame oil, 1/4t. black pepper

Procedures:

1. Cut chicken meat and livers into small cubes, marinate with seasoning (1) for 10 minutes.
2. Soak black mushrooms with warm water, cut into small cubes.
3. Heat 4C. oil to very hot, deep fry the rice noodles until popped and golden brown. Remove to plate and let it cools, then crush it.
4. Use 3T. heated oil to fry the chicken until well done. (about 3 minutes). Remove.
5. Heat another 1T. oil to stir fry onion until fragrant, add mushrooms and water chestnuts, stir fry over high heat. Then add chicken, green peas and seasoning (2). Stir until thoroughly mixed. Pour it over the fried rice noodles. Serve with lettuce leaves, which will be used to wrap the chicken and noodle mixture.

Note

1. This dish was cooked with pigeon, now people prefer chicken.
2. Instead of lettuce leaves, spring roll skins or wheat tortilla may be used.

生菜鴿鬆 *Minced Pigeon*

Stewed Pork Rolls 滾筒肉

「滾筒肉」

材料

豬大排骨肉 450 公克，筍 1 支，
冬菇 2 朵，蔥 3 支，青蒜 1 支

調味料

醬油 4 大匙，酒 1 大匙，
糖 2 大匙，鎮江醋 3 大匙，
開水 3 杯，麻油少許

做法

1. 筍煮熟，涼後切成約4公分長之粗條 10 支；冬菇泡軟、切粗條（10 條）；蔥白也切成差不多的長度。
2. 青蒜放在開水中燙軟，取下 2~3 支蒜葉，每支再撕開成為 3~4 條留用。
3. 將豬肉切成 10 片，每片均用刀面拍敲數下，以使肉質鬆嫩、肉片變大。在每一片肉上，橫放筍、冬菇、蔥各 1 支，然後捲成筒狀，用 1 條青蒜紮好（或用牙籤固定）。
4. 鍋中燒熱 2 大匙油，放入肉捲煎黃外層，再加入調味料（麻油除外），用中火燒煮半小時，至湯汁僅剩餘小半杯時關火，淋下麻油即可裝盤。

註 也可以直接買烤肉用的薄肉片來包捲。

「Stewed Pork Rolls」

Ingredients:

450g. pork tenderloin,1 bamboo shoot,
2 black mushrooms, 3 stalks green onion,
1 green garlic

Seasonings:

4T. soy sauce, 1T. wine, 3T. sugar, 3T. vinegar,
3C. hot water, a little of sesame oil

Procedures:

1. Boil the bamboo shoot and cut into 10 strips (about 4 cm long). Soak black mushrooms to soft, cut into 10 strips. Cut the green onion (white part) to the same size.
2. Boil green garlic in boiling water for a few seconds, remove and separate each leaf into 3 or 4 strings.
3. Cut the pork to 10 pieces, pound with a mallet or the back of a cleaver for a few times. Place mushroom, bamboo shoot and green onion on pork, roll it well and tie with green garlic strings or seal with a toothpick.
4. Heat 2T. oil to fry the pork rolls to light brown, add seasonings (2), except the sesame oil, stew for 30 minutes. Add sesame oil when the sauce reduced to 1/2 cup. Remove to a plate.

Note

You may use the Bar-B-Q pork slices to roll those ingredients.

「咕咾肉」

材料

前腿肉 300 公克，洋蔥 1/3 個，青椒 1/2 個，鳳梨 3 片，酸果 1 杯，太白粉 1/2 杯，炸油 4～5 杯

調味料

（1）醬油 1 大匙，蛋黃 1 個，太白粉 1 大匙，水 1 大匙
（2）蕃茄醬 3 大匙，糖 3 大匙，白醋 3 大匙，水 6 大匙，鹽 1/4 茶匙，麻油數滴，太白粉 2 茶匙

做法

1. 用刀背來回將肉排拍鬆，切成 2 公分大小之方塊，用調味料（1）拌勻，醃半小時以上，再將每塊肉沾滿太白粉。
2. 洋蔥切塊；青椒去籽、切小塊；鳳梨切成小塊。
3. 鍋中的炸油燒至 8 分熱，放下肉塊，大火炸 10 秒鐘後改成小火，慢慢炸熟、撈出。油再燒熱，放入肉塊大火再炸約 10 秒鐘，撈出。
4. 另用 1 大匙油炒洋蔥、青椒和酸果，倒下調味料（2），用大火煮滾，馬上熄火。將鳳梨片和炸好的肉塊落鍋，快加翻炒數下，即可裝盤。

註 "酸果"即廣東甜酸口味的泡菜（包括白蘿蔔、黃瓜和胡蘿蔔），亦[illegible]用紅甜椒或番茄等代替。

「Sweet and Sour Pork」

Ingredients:

300g. pork (leg part), 1/3 onion, 1/2 green pepper, 3 slices pineapple, 1C. Cantonese pickles, 1/2C. cornstarch, 4～5C. oil for deep fry

Seasonings:

（1）1T. soy sauce, 1 egg yolk, 1T. cornstarch, 1T. water
（2）3T. ketchup, 3T. sugar, 3T. white vinegar, 6T. water, 1/4t. salt, a few drops of sesame oil, 2t. cornstarch

Procedures:

1. Pound pork with the back of a cleaver to make the pork tenderer, then cut into 2 cm cubes. Marinate with seasonings (1) for at least 1/2 hour. Coat with cornstarch.
2. Cut onion to cubes. Remove seeds from green pepper, cut into 2 cm squares. Cut the pineapple into small pieces.
3. Heat the oil to 160℃, deep fry the pork over high heat for only 10 seconds, turn to low heat, fry until done. Remove the pork. Reheat the oil and deep fry pork again until crispy. Remove pork and drain off oil.
4. Stir fry onion, green pepper and pickles with 1T. oil. Add seasonings (2), bring to a boil, turn off the heat. Add pineapple and pork, mix well and serve immediately.

Note

Instead of Cantonese pickles, you may use red bell pepper or tomato.

咕咾肉 Sweet and Sour Pork

Pork Loin with Orange Sauce 橙汁肉排

「橙汁肉排」

材料

梅花肉（或大排骨肉）300公克，香吉士或柳橙 2 個，
萵苣生菜葉

調味料

（1）醬油 2 大匙，水 2 大匙，麵粉 1 大匙，
太白粉 1 大匙

（2）瓶裝柳橙汁 1/3 杯，糖 1 大匙，檸檬汁 1 大匙，
鹽 1/4 茶匙，太白粉 1 茶匙

做法

1. 梅花肉切成約 4~5 公分長的粗條塊，用調味料（1）拌勻，醃 1 小時以上。
2. 香吉士擠汁，取用約 5 大匙，再加調味料（2）調勻。
3. 炸油燒熱，放入肉排，以中小火炸至熟，撈出。油再燒熱，放入肉排，以大火炸 10~15 秒，見肉排成金黃色，撈出。將油倒出。
4. 用1大匙油炒調味料（2），煮滾後關火，放入肉排拌一下，盛到盤中。

註 醃肉時可加約 1/5 茶匙小蘇打同醃，可使肉質更嫩。

「Pork Loin with Orange Sauce」

Ingredients:

300g. pork loin
2 oranges
lettuce

Seasonings:

（1）2T. soy sauce, 2T. water, 1T. flour, 1T. cornstarch
（2）1/3C. orange juice in bottle, 1T. sugar, 1T. lemon juice, 1/4t. salt, 1t. cornstarch

Procedures:

1. Cut pork into 4~5cm long pieces, marinate with mixed seasonings (1) for 1 hour.
2. Squeeze orange juice, mix 5T. orange juice with seasonings (2) for later use.
3. Heat oil to deep fry pork over medium low heat until done, drain. Reheat oil, deep fry pork over high heat for another 10~15 seconds. Drain and pour away the oil.
4. Stir fry seasonings (2) with only 1T. oil, bring to a boil. Turn off the heat, pour pork loin back to wok, mix and remove to plate.

Note

You may add 1/5t. baking soda to marinate the pork.

「掛爐叉燒肉」

材料

梅花肉 600 公克
蔥 2 支
薑 3 片

調味料

淡色醬油 2 大匙，酒 2 大匙，糖 1 大匙，海山醬 1 大匙，鹽 1/3 茶匙，食用紅色素 1/2 茶匙，果糖 1/2 大匙

做法

1. 梅花肉切成 3 公分寬、15 公分長之粗長條，並在每條肉上劃切數刀斜紋。
2. 在大碗內先將蔥段(拍碎)、薑片及調味料（果糖除外）全部調好，放下肉條拌勻，醃約 2~4 小時。
3. 烤架上塗油，將肉條排在上面。烤箱先預熱至 200℃，放入烤盤，烤 20 分鐘，取出、翻一面，刷上醃肉汁，再烤 10 分鐘，便可取出。
4. 趁熱刷上薄薄的果糖和少許油便成，略涼後便可切片上桌。

註 叉燒肉除可做冷盤之外，適合做為炒飯、炒麵或炒蛋、炒什錦，放入火鍋內或做烹調任何菜之配料，為粵菜中用途極廣之食材。

「Cantonese Roasted Pork」

Ingredients:

600g. pork, 2 stalks green onion, 3 slices ginger

Seasonings:

2T. light colored soy sauce, 2T. wine, 1T. sugar, 1T. hai-san sauce, 1/3t. salt, 1/2t. red food color, 1/2T. syrup

Procedures:

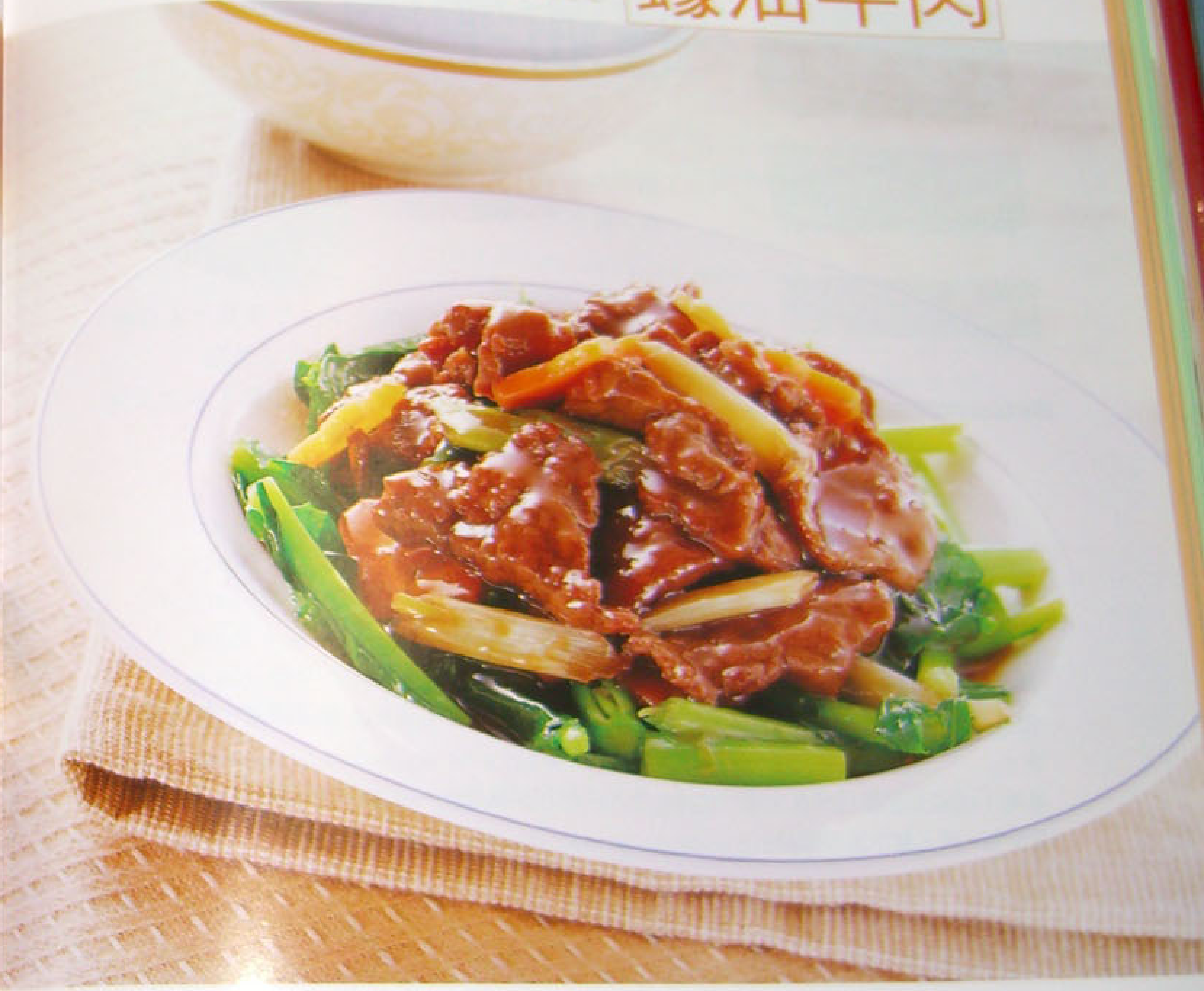
1. Cut the pork into strips, 3 cm wide and 15 cm long. Score each pork slightly.
2. Mix crushed green onion and ginger with seasonings (except the syrup). Marinate the pork for 2～4 hours.
3. Brush some oil on a rack, place pork on it. Preheat oven to 200°C, bake for 20 minutes. Turn the pork over, brush some marinade and bake for another 10 minutes. Remove.
4. Brush syrup and a little of oil on pork while it is hot. Slice it and serve.

Note

You may also use this roasted pork for many other dishes, such as, stir fry rice, stir fry noodles, stir fry eggs, stir fry assorted ingredients or add in hot pot, it is a very useful ingredient in Cantonese cooking, also called "Barbecued pork".

掛爐叉燒肉 Cantonese Roasted Pork

Beef with Oyster Sauce 蠔油牛肉



「蠔油牛肉」

材料

嫩牛肉 300 公克，熟胡蘿蔔片 10 片，芥蘭菜 200 公克，蔥 2 支，嫩薑 10 片

調味料

（1）醬油 2 茶匙，酒 1 大匙，糖 1/2 茶匙，太白粉 1/2 大匙，小蘇打 1/6 茶匙，水 2 大匙

（2）蠔油 2 大匙，酒 1 大匙，糖 1 茶匙，水 3 大匙、太白粉 1/2 茶匙，麻油數滴

做法

1. 牛肉逆紋切成薄片。碗中調好調味料（1），放下牛肉抓拌一下，醃 30 分鐘。
2. 芥蘭菜摘好，燙軟，撈出沖冷水、瀝乾。
3. 將 1 杯油燒至 8 分熱，放入牛肉，用大火過油炒至 8～9 分熟，瀝出牛肉。
4. 用 1 大匙油炒芥蘭菜，加少許鹽和糖調味，淋少許酒烹香，盛出、瀝乾湯汁，排入盤中。
5. 另熱 1 大匙油將蔥段和薑片爆炒至香，放入牛肉和胡蘿蔔片，再倒下調味料，以大火快速炒勻，盛入盤中的芥蘭菜上。

「Beef with Oyster Sauce」

Ingredients:

300g. beef, 10 cooked carrot slices, 200g. kale, 2 stalks green onion, 10 slices ginger

Seasonings:

（1）2t. soy sauce, 1T. wine, 1/2t. sugar, 1/2T. cornstarch, 1/6t. baking soda, 2T. water

（2）2T. oyster sauce, 1T. wine, 1t. sugar, 3T. water, 1/2t. cornstarch, a few drops of sesame oil

Procedures:

1. Slice beef against the grain. Mix seasonings (1) in a bowl, marinate beef for 30 minutes.
2. Trim kale, boil for 1/2 minute, remove and rinse with cold water, drain.
3. Heat 1 cup of oil to 160℃, stir fry beef over high heat to almost done, drain. Pour away the oil.
4. Stir fry kale, season with a little of salt and sugar, sprinkle a little of wine, remove and arrange on a plate.
5. Heat 1T. oil to fry green onion and ginger, add beef and carrot, pour mixed seasonings (2) in, mix evenly, remove to the plate.

「中式牛排」

材料

嫩牛肉 450 公克，青花菜 1 小棵

調味料

（1）醬油 2 大匙，太白粉 2 大匙，水 3 大匙，
小蘇打 1/4 茶匙（或嫩精 1/4 茶匙），
油 2 大匙

（2）酒 1 大匙，蕃茄醬 2 大匙，辣醬油 2 大匙，
糖 1 大匙，鹽 1/2 茶匙，水 1/2 杯，
太白粉水適量

做法

1. 牛肉逆紋切成約 1 公分厚、 6~7 公分大小的大塊，用刀背拍剁使肉質鬆嫩。碗中調好醃肉料（油除外），放下牛排仔細抓拌均勻，使肉吸收醃料，最後加入油再抓拌，醃約 2 小時。
2. 青花菜分成小朵，用熱水燙過。撈出後沖涼，再用少許油炒過，加鹽調味，盛出、瀝乾水分，排在盤中。
3. 牛排用 1/2 杯的熱油煎至 9 分熟，盛出。油倒出，倒入調好的調味料（2）煮滾，當芡汁濃稠後，放入牛排拌勻，再煮一滾即盛裝入盤中。

「Beef Steak, Chinese Style」

Ingredients:

450g. beef tenderloin, 1 broccoli

Seasonings:

（1）2T. soy sauce, 2T. cornstarch, 3T. water,
1/4t. baking soda (or 1/3t. meat tenderizer),
2T. oil

（2）1T. wine, 2T. ketchup, 2T. worcestershire
sauce, 1T. sugar, 1/2t. salt, 1/2C. water, cornstarch paste

Procedures:

1. Cut beef into 1cm thick, 6~7cm wide pieces. Pound beef with the back of a cleaver to make the meat tenderer. Mix seasonings (1) in a bowl (except the oil), stir beef in the marinade for a while, add oil in, mix and let it stay for 2 hours.
2. Trim vegetables, blanch and drain, rinse with cold water, stir fry with a little of oil, season with salt, remove to the serving plate.
3. Heat 1/2C. oil to fry the steaks piece by piece, remove when steaks are almost done. Pour oil away and pour the seasonings (2) into the wok, bring to a boil. When the sauce is thick enough, add steak in, mix and bring to a boil again, remove to plate and serve.

中式牛排 Beef Steak, Chinese Style

Beef Shreds with Green Pepper 青椒牛肉絲

「青椒牛肉絲」

材料

嫩牛肉 150 公克，青椒 1 個，紅辣椒絲少許，嫩薑絲少許

調味料

（1）醬油 1 大匙，太白粉 1/2 大匙，
小蘇打 1/6 茶匙（可免），水 2 大匙
（2）鹽 1/3 茶匙，糖 1/4 茶匙

做法

1. 選擇較嫩的牛肉，逆紋切成 3～4 公分的絲，用調味料（1）拌勻，醃約 30 分鐘以上。
2. 青椒剖開，去籽和白囊，切成絲。
3. 將 1/2 杯的油燒至八分熱，放下牛肉絲，大火將牛肉快速炒熟、撈出，瀝乾油汁。
4. 另熱 1 大匙油，放入青椒絲和紅椒絲炒 20～30 秒鐘，灑下少許水並加鹽和糖調味，炒勻後再倒入牛肉絲，拌炒均勻便可裝盤。

註 下鍋炒之前可以在牛肉中加約1/2大匙油，使肉絲較嫩且不易沾黏。

「Beef Shreds with Green Pepper」

Ingredients:

150g. beef, 1 green pepper, a little of red chili shreds, ginger shreds

Seasonings:

（1）1T. soy sauce, 1/2T. cornstarch,
1/6t. baking soda, 2T. water
（2）1/3t. salt, 1/4t. sugar

Procedures:

1. Shred beef to 3～4 cm strings, mix with seasonings (1), marinate for 30 minutes.
2. Remove seeds from green pepper, shred it.
3. Heat 1/2 cup of oil to stir fry beef over high heat, drain off oil.
4. Stir fry green pepper and red chili shreds with 1T. oil for about 20～30 seconds, add a little of water, salt and sugar, stir evenly. Add beef in, stir fry evenly and serve.

Note

You may mix beef with 1/2T. oil before stir fry it.

「茄汁魚片」

材料

新鮮白色魚肉 300 公克，洋蔥丁 1/2 杯，冬菇丁 1/3 杯，青豆 2 大匙，太白粉 2/3 杯

醃魚料

雞蛋白 1 大匙，太白粉 1 大匙，鹽 1/3 茶匙

綜合調味料

糖 3 大匙，白醋 3 大匙，水 6 大匙，蕃茄醬 3 大匙，酒 1 大匙，太白粉 1 茶匙，鹽 1/4 茶匙，麻油 1/2 茶匙

做法

1. 將魚順紋切成約 3×5 公分之長方形薄片（約 0.6 公分厚）。在碗內先打散蛋白，加入太白粉和鹽調勻，加入魚片仔細調拌，醃約 10～20 分鐘。
2. 將魚片沾上乾太白粉，隨即投入 7～8 分熱的油中炸黃（大火炸約半分鐘），撈出魚片。
3. 另燒熱 2 大匙油，炒香洋蔥丁，再放下冬菇同炒，隨後將綜合調味料倒入，以大火煮滾，放下青豆拌炒，關火後放下魚片略加拌合即可裝盤上桌。

「Fish with Tomato Sauce」

Ingredients:

300g. fish fillet, 1/2C. diced onion, 1/3C. diced black mushroom, 2T. green peas, 2/3C. cornstarch

Seasonings:

（1）1T. egg white, 1T. cornstarch, 1/3t. salt
（2）3T. sugar, 3T. vinegar, 6T. water, 3T. ketchup, 1T. wine, 1t. cornstarch, 1/4 t. salt, 1/2t. sesame oil

Procedures:

1. Cut fish fillet into pieces about 3×5 cm big and 0.6 cm thick. Marinate with seasonings (1) for about 10 minutes.
2. Coat fish with cornstarch, deep fry with hot oil (about 160℃) for about 1/2 minute until golden brown. Remove fish and drain off oil.
3. Heat another 2T. oil to fry the onions, mushrooms and seasonings (2), stir evenly. Add green peas, bring to a boil. Turn off the heat and add fish in, mix quickly and remove to plate, serve hot.

茄汁魚片 Fish with Tomato Sauce

Stir Fried Fish 生炒魚球

「生炒魚球」

材料

石斑魚肉（或其他白色魚肉）350 公克，筍 1/2 支，冬菇 3 個，豌豆莢 60 公克，蔥白（2 公分長）10 支，薑片 15 小片

醃魚料

蛋白 1 個，鹽 1/3 茶匙，酒 1/2 大匙

綜合調味料

鹽 1/4 茶匙，糖 1/2 茶匙，酒 1/2 大匙，清湯 2 大匙，醬油（淡色）1 茶匙，太白粉 1/4 茶匙，麻油 1/2 茶匙

做法

1. 將魚肉切成 3 公分寬、0.8 公分厚之長方塊，用醃魚料拌勻，醃約 10～20 分鐘。
2. 筍煮熟，切成和魚肉相仿之片狀，冬菇泡軟也切片。
3. 豌豆片摘好，切段，用滾水燙一下，沖涼。
4. 將 2 杯油燒熱至八分熱後，傾入魚片過油，大火炸約 10 秒鐘，見魚片轉白即撈出、瀝淨油漬。
5. 另熱 2 大匙油爆香薑片和蔥段，加入冬菇片和筍片炒一下，隨後加入魚片和豌豆片，並將調勻之調味料倒入，輕輕地拌炒均勻，即可起鍋裝盤。

註 香菇泡軟後最好用水、醬油、糖和少許油蒸 10 分鐘，使它入味。

「Stir Fried Fish」

Ingredients:

350g. fish fillet, 1/2 bamboo shoot, 3 black mushroom, 60g. snow pea pods, 10 green onion sections (2 cm long), 5 slices ginger

Seasonings:

（1）1 egg white, 1/3t. salt, 1/2T. wine
（2）1/4t. salt, 1/2t. sugar, 1/2T. wine, 2T. soup stock, 1t. soy sauce, 1/4t. cornstarch, 1/2t. sesame oil

Procedures:

1. Cut the fish fillet into pieces, the size about 3cm wide and 0.8cm thick, marinate with seasonings (1) for about 10~20 minutes.
2. Cook bamboo shoot and then slice it. Soak mushrooms in warm water, also slice them.
3. Trim snow pea pods, boil for a few seconds, drain and rinse with cold water.
4. Heat 2C. oil to stir fry fish over high heat for about 10 seconds. Remove the fish.
5. Heat another 2T. oil to stir fry green onion and ginger, add mushroom and bamboo shoot, stir fry for a few seconds, add fish, snow pea pods and seasonings (2). Stir until thoroughly mixed. Serve.

「菠蘿蝦球」

材料

小草蝦 12 支，罐頭鳳梨片 4 片，
白芝麻 1 大匙，玉米粉半杯，
美奶滋 2 大匙，萵苣葉 2 片

調味料

鹽 1/3 茶匙
酒 1 茶匙
蛋白 1 大匙
太白粉 1 茶匙

做法

1. 草蝦剝殼、留下尾殼，背上剖劃一刀，用調味料拌勻，醃5分鐘。
2. 鳳梨片一切為 8 小片；白芝麻在乾的鍋中以小火炒黃、炒香；萵苣葉舖在盤中或小籃中。
3. 玉米粉加少許水調成濃稠狀，放入蝦仁沾裹上玉米粉，投入熱油中炸黃，撈出。鳳梨片也在熱油中快速撈一下。
4. 蝦球和鳳梨一起放大碗中，加入美奶滋快速一拌，裝入盤中，撒上炒過的白芝麻。

「Prawns with Pineapple」

Ingredients:

12 small prawns, 4 pieces canned pineapple,
1T. sesame seeds, 1/2C. cornstarch,
2T. mayonnaise, 2 pieces lettuce leaf

Seasonings:

1/3t. salt
1t. wine
1T. egg white
1t. cornstarch

Procedures:

1. Peel the prawns but keep the tail shell. Make a deep cut on the back of each prawn. Marinate with mixed seasonings for 5 minutes.
2. Cut each pineapple into 8 small pieces. Stir fry sesame seeds in a clean dry wok, remove and let cools. Arrange lettuce on a plate.
3. Mix cornstarch with a little water, coat prawns with the cornstarch paste, deep fry in 160℃ hot oil until done. Drain. Run pineapple pieces through oil quickly, drain off oil.
4. Place prawns and pineapple in a large bowl, add mayonnaise in, mix quickly, remove to the plate.

菠蘿蝦球 Prawns with Pineapple

Labster with Green Onion & Ginger 蔥薑焗龍蝦

「蔥薑焗龍蝦」

材料

龍蝦 1 隻，蔥 6支，薑 10 片，麵粉 1 杯

調味料

酒 1 大匙，淡色醬油 1/2 大匙，蠔油 1 茶匙，糖 1/4 茶匙，鹽 1/4 茶匙，胡椒粉少許，水 2/3 杯

做法

1. 龍蝦用布壓住身子，由尾部插入一支筷子，待龍蝦停止不動時，扭下蝦頭，和身體分別斬剁成大塊。
2. 蔥切成約 5 公分長段。
3. 炸鍋中把 4 杯油燒至 9 分熱，在龍蝦切開的肉面上沾上麵粉，投入油中快炸，待蝦殼轉紅、沾粉處變黃時即撈出。油倒出。
4. 另在鍋中加熱 2 大匙油，先放下蔥段和薑片，煸炒至透出香氣、且微焦黃時，放下龍蝦，淋下酒烹香，再陸續加入其他的調味料，蓋上鍋蓋，燒煮 2～3 分鐘，至龍蝦已熟、且剩少許湯汁時即可關火裝盤。

「Lobster with Green Onion & Ginger」

Ingredients:

1 live lobster, 6 stalks green onion, 10 slices ginger, 1C. flour

Seasonings:

1T. wine, 1/2T. light colored soy sauce, 1t. oyster sauce, 1/4t. sugar, 1/4t. salt, a pinch of pepper, 2/3C. water

Procedures:

1. Kill lobster by press a chopstick into the tail, wait until the lobster stop moving. Remove the head, cut head and body into big pieces.
2. Cut green onions into 5cm long sections.
3. Heat 4C. oil to 180℃. Coat lobster with flour, deep fry over high heat until the color of the shell turn red, remove and drain off the oil.
4. Stir-fry green onion and ginger with 2T. oil, fry until brown and fragrant, add lobster, sprinkle wine, and then add other seasonings in, stir evenly, cover and cook for about 2~3 minutes. Turn off the heat when the sauce is reduced to 1/3 cup., and the meat is cooked.

「三絲魚翅羹」

材料

水發散魚翅 600 公克，雞胸肉 150 公克，冬菇 5 朵，筍 1 支，熟火腿絲 2 大匙，蔥 2 支，薑 4 片，清湯 9 杯，香菜 適量

調味料

酒 2 大匙，醬油 3 大匙，鹽 1茶匙，糖 1/4 茶匙，太白粉水 3 大匙，胡椒粉少許

做法

1. 將雞胸煮熟，涼透後切成約 4 公分長之細絲；冬菇泡軟、去蒂、切絲；筍去皮後煮熟，也切成細絲留用。
2. 將已發好之散翅放在鍋內，加入 1 支蔥、2 片薑、1 大匙酒及冷水 4 杯，用小火煮 10 分鐘，以去除腥味。撈出魚翅後將鍋中水倒棄，另加入 3 杯清湯，再放進魚翅，以小火再煮 10 餘分鐘，撈出。
3. 在炒鍋內燒熱 2 大匙油，放下蔥、薑爆香，淋下 1 大匙酒、隨即加入 6 杯清湯並將雞絲、冬菇絲及魚翅也放下，用大火煮滾，再將醬油、鹽、糖等調味料加入調味，淋下太白粉水勾芡至喜愛的濃度。
4. 盛入大湯碗內，在上面撒下火腿絲及胡椒粉，中央放置香菜點綴便可。

註 如用乾魚翅自行發泡，大約 120 公克散翅即夠。先用冷水浸泡2小時，再煮半小時，離火後，放至水冷卻，再換清水，重覆一次同樣過程便可使用。

「Shark's Fin Potage」

Ingredients:

600g. soaked shark's fin, 1C. cooked chicken meat (shredded), 1/3C. dried black mushroom (soaked and shredded), 1C. bamboo shoots (cooked and shredded), 2T. Chinese ham (shredded), 2 stalks green onion, 4 slices ginger, 9C. chicken stock

Seasonings:

2T. wine, 3T. soy sauce, 1t. salt, 1/4 t. sugar, 3T. cornstarch paste, 1/4 t. black pepper

Procedures:

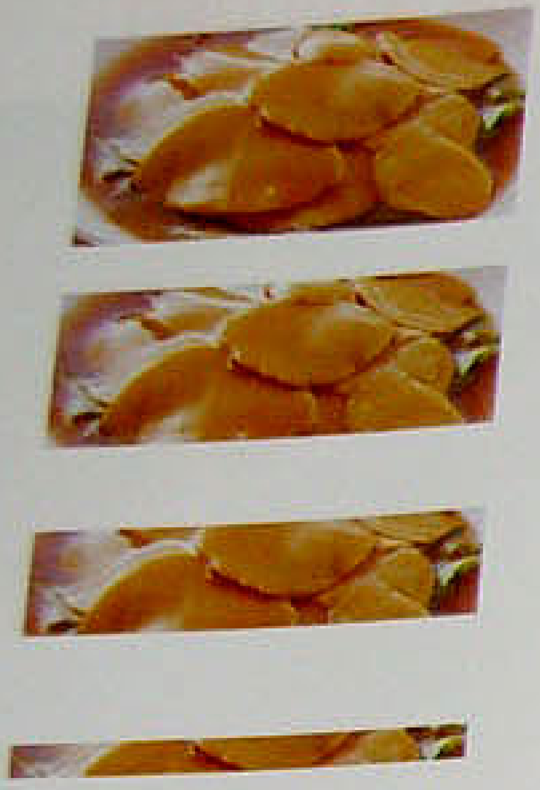
1. To improve the flavor of the shark's fin, place it in a pot, add 3C. water, 1 stalk green onion, 2 slices ginger, and 1T. wine, cook for 10 minutes over low heat, drain and discard this water.
2. Add 3C. soup stock to the shark's fin, cook for another 10 minutes over low heat. Remove the shark's fin and discard this soup stock.
3. Heat 2T. oil in frying pan, stir fry 1 green onion and 2 slices ginger, sprinkle in 1T. wine and 6C. soup stock quickly. Add shredded chicken, black mushroom, bamboo shoots and shark's fin. Bring to a boil, season with soy sauce, salt and sugar, thicken with cornstarch paste.
4. Pour into a big soup bowl, sprinkle with ham shreds and black pepper. Place parsley leaves on top for decoration.

Note

To soften dried shark's fin: Soak shark's fin in 6C. cold water for 2 hours. Boil shank's fin with another 5C. water for about 1/2 hour over low heat. Let it cools. Discard water, add 6C. cold water and repeat the same procedure.120g. dried shank's fin will get 600g. softened shark's fin.

三絲魚翅羹 Shark's Fin with Potage

Abalone with Oyster Sauce 蠔油鮑脯



「蠔油鮑脯」

材料

罐頭鮑魚 2/3 罐，西生菜 450 公克，清湯 2 杯

調味料

鹽 1 茶匙，酒 1 大匙，蠔油 2 大匙，醬油 1 茶匙，糖 1/4 茶匙，太白粉水 1 大匙

做法

1. 鍋中倒入1杯清湯，加入 1 大匙油和 1 茶匙鹽，待湯沸滾後，將已修整好之西生菜放入清湯中川燙，約 10 秒鐘即可撈出，瀝乾、排列在菜盤中。
2. 罐頭鮑魚横面片切成大圓片。
3. 炒鍋中加熱 1 大匙油，淋下 1 大匙酒，隨即注入 1 杯清湯並加入蠔油、醬油和糖等調味料，待湯沸滾時，將鮑魚片落鍋，燴煮一滾隨即勾芡，見湯汁呈濃稠狀，即可澆下 1 大匙熱油。
4. 將鮑魚片堆排在盤中生菜上，再淋下湯汁便可上桌供食。

註 鮑魚罐頭內之湯汁可以做為清湯用，但因已有鹹味，調味時要注意。

「Abalone with Oyster Sauce」

Ingredients:

2/3 can abalone, 450g. lettuce, 2C. soup stock

Seasonings:

1T. salt, 1T. wine, 2T. oyster sauce, 1/2T. soy sauce, 1/4t. sugar, 1T. cornstarch paste

Procedures:

1. Trim the lettuce, boil with 1 cup of soup stock, add 1T.oil and 1t.salt in soup, blanch for about 10 seconds. Drain and arrange on a plant. Discard the soup.
2. Remove the abalone from can, slice it into thin slices.
3. Heat 1T. oil in wok, sprinkle with wine and 1C. soup stock, bring to a boil, season with oyster sauce, soy sauce and sugar, when it boils again, add abalone and thicken with cornstarch paste, add 1T. heated oil.
4. Place abalone attractively over lettuce, pour the sauce over abalone. Serve.

「酥炸生蠔」

材料

生蠔（即牡蠣） 300 公克
五香花椒鹽 2 茶匙
蕃茄醬 2 大匙

蛋麵糊

雞蛋 2 個，麵粉 2/3 杯，太白粉 1/3 杯，泡打粉 2 茶匙，鹽 1/2 茶匙，胡椒粉 1/8 茶匙，油 2 大匙，冷水 1/2 杯

做法

1. 生蠔先放在碗內，撒下少許鹽，用手指輕輕抓洗，並撿出細碎之碎殼，再用水漂洗、瀝去水份。
2. 在一鍋開水中川燙一下生蠔（2~3 秒鐘），隨即撈出、瀝乾水份，備炸。
3. 將蛋麵糊用料盛在一只碗內，加入適量清水，慢慢攪拌均勻，使成為稠度合適之酥炸糊。
4. 在鍋內燒熱油，將生蠔先在麵糊中沾裹一下，旋即投入熱油中，以普通火侯炸至金黃色便可。
5. 將已炸之蠔裝盤，並附上少許五香花椒鹽和蕃茄醬一起上桌沾食。

註
1. 如蠔太小，可用牙籤串上 3~4 粒，炸好裝盤時即可將牙籤抽掉。
2. 花椒鹽做法請參考第 19 頁。

「Fried Oyster, Chinese Style」

Ingredients:

300g. oysters (shelled), 2t. brown peppercorn salt, 2T. ketchup

Seasonings:

2 eggs, 2/3C. flour, 1/3C. cornstarch, 2t. baking powder, 1/2 t. salt, 1/8t. pepper, 2T. cooking oil, 1/2C. cold water,

Procedures:

1. Mix some salt with the shelled oysters by fingers. Rinse with water until clear. Drain off the water.
2. Blanch the oysters in a pot of boiling water for only 2~3 seconds over high heat, drain (Don't wait until the water boils again).
3. Make flour batter to a smooth pasty consistency.
4. Dip oyster in flour batter and deep fry over medium heat until golden brown. Remove and drain off the oil.
5. Place the oyster on a serving plate, serve with brown peppercorn salt and ketchup.

Note

The recipe for brown peppercorn salt can be found on page 16.

酥炸生蠔 *Fried Oyster, Chinese Style*

Stuffed Bean Curd 客家釀豆腐

「客家釀豆腐」

材料

豆腐 2 方塊，絞肉 200 公克，扁魚乾（或蝦米）1 大匙，蔥屑 1 大匙，蔥絲 1 大匙

拌肉料

鹽 1/4 茶匙，淡色醬油 1 大匙，酒 1 大匙，太白粉 2 茶匙，白胡椒粉少許

調味料

清湯或水 1 1/2 杯，蠔油或醬油 2 大匙，太白粉水適量

做法

1. 豆腐每塊對角切成 4 塊三角形。扁魚乾用油慢慢煎香，待涼後剁成細末。
2. 絞肉再剁過後，加入扁魚末、蔥花和拌肉料拌勻（視情況可加入少許水）。
3. 在豆腐斜角的一邊挖去少許豆腐泥，凹洞內撒少許鹽和太白粉後，釀入絞肉餡。
4. 炒鍋中燒熱油 2 大匙，放下豆腐，煎黃肉的一面，加入清湯和蠔油煮滾，蓋上鍋蓋，小火煮 3~4 分鐘，盛出豆腐裝盤。
5. 鍋中湯汁勾芡後撒下蔥絲，淋在豆腐上即可上桌。

註 用蝦米的話，只要將蝦米泡軟、剁碎即可拌入肉餡中。

「Stuffed Bean Curd」

Ingredients:

2 pieces bean curd, 200g. minced pork, 1T. dried sole (or dried shrimp), 1T. green onion (chopped), 1T. green onion (shredded)

To marinate pork:

1/4t. salt, 1T. light colored soy sauce, 1T. wine, 2t. cornstarch, a little of pepper

Seasonings:

1 1/2C. soup stock, 2T. soy sauce (or oyster sauce), 1/2T. cornstarch paste

Procedures:

1. Cut each piece of bean curd crisscross to make it into 4 small triangles. Fry dried sole to crispy, chop it finely.
2. Mix the minced pork with dried sole, green onion and the marinade. You may add 2~3T. water to mix the pork if it is too dry. Remove some bean curd from the bevel side. Sprinkle a little of cornstarch and salt on it, then stuff meat mixture in the hole.
3. Heat 2T. oil to fry the stuffed bean curd with the meat side down until golden brown, tipping the frying pan a little so that the bean curd will not stick to the pan. Add soup stock (or water) and soy sauce, cover and simmer for 3~4 minutes. Remove the bean curds carefuly to a plate.
4. Thicken the soup with cornstarch paste, sprinkle shredded green onion and pour over bean curd. Serve.

Note

You may soak dried shrimp to soft, chop it and add to the pork.

「炒芙蓉蛋」

材料

雞蛋 6 個，蟹肉（或蟹肉棒）1/2 杯，
叉燒肉 80 公克，冬菇 3 個，綠豆芽 1 杯
（或筍絲 1/2 杯），蔥絲 1/3 杯

調味料

淡色醬油 1 茶匙
鹽 1 茶匙
清湯 1/2 杯

做法

1. 將雞蛋在碗內打散，加入鹽 2/3 茶匙及清湯（或冷水），再調打均勻。
2. 將叉燒肉切成細絲，冬菇泡軟後去蒂也切絲，和蟹肉、綠豆芽、蔥絲等材料一起用 2 大匙油在鍋內以大火炒半分鐘，並加醬油和 1/3 茶匙鹽調味。
3. 由鍋邊淋下另外 2 大匙油，隨即將打好之蛋汁傾入，並輕輕翻炒，使兩面均成金黃色為止，即可盛出。

註 此菜係一在國外頗為盛行之中菜，有時另做一個醬汁澆在蛋上同食。醬汁係將1杯雞湯加入 1/2 茶匙鹽，沸滾後用 1 大匙太白粉水勾芡便成。

「Fu Rong Egg」

Ingredients:

6 eggs, 1/2C. crab meat, 80g. cantonese roasted pork (shredded), 3 black mushrooms (soaked and shredded), 1C. bean sprouts or 1/2C. shredded bamboo shoots, 1/3C. green onion (shredded)

Seasonings:

1T. light colored soy sauce, 1t. salt, 1/2C. soup stock

Procedures:

1. Beat the eggs evenly, add 2/3 t. salt and soup stock (or cold water), mix again.
2. Heat 2T. oil to stir fry crab, roasted pork, mushroom, bean sprouts (or bamboo shoots) and green onion. Add soy sauce and 1/3t. salt. Stir fry for about 1/2 minute over high heat until they are evenly mixed.
3. Splash 2T. oil around the ingredients and then add the egg mixture. Fry on both side until golden brown, remove to plate and serve.

Note

1. A sauce may be added on this dish. You may boil 1 cup of soup stock and 1/2 t. sat, thicken with cornstarch paste to make a sauce, pour the sauce over stir fried egg.
2. "Fu Rong" is a name of flower.

炒芙蓉蛋 *Fu Rong Egg*

Chop Suey 李公雜碎

「李公雜碎」

材料

瘦豬肉 80 公克，水發魷魚 1/2 條，蝦仁 80 公克，叉燒肉（或鹹肉）80 公克，筍 1 小支，胡蘿蔔 1/2 小支，青椒 1/2 個，韭黃 80 公克（或蔥絲），綠豆芽 150 公克，乾米粉 80 公克，炸油 5 杯

綜合調味料

醬油 2 大匙，鹽 1/3 茶匙，糖 1 茶匙，麻油 1 茶匙，胡椒粉 1/4 茶匙

做法

1. 將豬肉、魷魚、叉燒肉和筍（煮過）、胡蘿蔔（煮過）、青椒等分別切成細絲，韭黃切成 3 公分長段留用。
2. 將 5 杯炸油放在鍋中燒至十分熱，放下米粉，炸成鬆脆且微黃（兩面各 3 秒鐘），隨即撈出放在菜盤中（稍壓碎）。
3. 將豬肉絲、魷魚及蝦仁等，在第（2）之油中泡炸約半分鐘，隨即用漏勺瀝出，餘下的油倒出。
4. 另在炒鍋中燒熱 2 大匙油，先炒叉燒肉、筍絲、青椒絲及豆芽等（約 10 秒鐘），然後將泡過油之各種絲料合入，並將韭黃落鍋、淋下綜合調味料（預先在小碗內調好），用大火迅速拌炒至均勻，便可起鍋盛在碎米粉上。

註

1. 此菜所用之材料種類多少及份量若干並無限定，可按個人喜好及容易購買到之材料取用，唯豆芽與韭黃（或蔥絲）必須要在稍後放下，拌炒時間也不可過長。
2. 這是在國外非常有名的中國菜，相傳是清代名將李鴻章將軍出國時，廚師特別為他做的一道菜，令他讚不絕口而特別命名的。

「Chop Suey」

Ingredients:

80g. pork, 1/2 soaked squid, 80g. small shrimp, 80g. roasted pork or ham, 1 bamboo shoot (cooked), 1/2 carrot (cooked), 1/2 green pepper, 80g. leek or green onion, 150g. bean sprout, 80g. rice noodles or vermicell, 5C. oil

Seasonings:

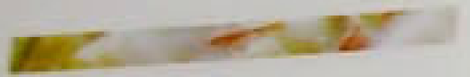
2T. soy sauce, 1/3t. salt, 1t. sugar, 1t. sesame oil, 1/4t. black pepper

Procedures:

1. Cut all the ingredients into strings, except shrimp.
2. Heat 5C. oil to very hot, fry the rice noodles until puff up and light yellow (only 3 seconds on each side). Remove to platter and crush a little.
3. Use the same oil to fry pork, squid and shrimp for about 1/2 minute, remove from pan and drain off oil.
4. Heat 2T. oil in a frying pan, stir fry roasted pork, bamboo shoot and green pepper first, add bean sprout, stir fry for about 1/2 minute. Add pork, squid, shrimp and leek, mix well. Add the seasonings, stir fry thoroughly, pour over fried rice noodles. serve hot.

Note

1. Many of these ingredients are optional, you may add what ever you wish. Bean sprouts and leek should not be fried too long.
2. The correct name in China for this recipe is "Lee Gone Chop Suey". It was first served to General Lee Hon Chung during Ching Dynasty, It was very late in the evening to be served a regular meal. The chef combined all his left-over ingredients in a stir fry concoction. This new taste pleased the General so much, it was named after him and became a favorite of his.



「奶油什錦菜捲」

材料

雞肉（或豬肉）150 公克，蝦仁 100 公克、雞肝 1 付，熟火腿 60 公克，冬菇 3 個，筍 1 支，青豆 2 大匙，高麗菜葉 10 張

調味料

鹽 1 茶匙，太白粉 2 茶匙，清湯 1 1/2 杯，奶水或鮮奶油 1 大匙，太白粉水 1 大匙，油 3 大匙

做法

1. 雞肉切成小粒，拌入 1 茶匙乾太白粉備用；蝦仁洗淨、擦乾水份後也切成小粒，加入 1 茶匙太白粉拌勻。
2. 雞肝先用滾水煮熟（約 5 分鐘），取出切成小粒；火腿也需要切成小粒；冬菇用溫水泡軟、去蒂、切丁；筍煮熟後也切成小粒。
3. 炒鍋內燒熱 2 大匙油，先炒雞肉與蝦仁，再加入冬菇、筍和火腿等同炒，並加 1/3 茶匙鹽及清湯 1/2 杯，再煮半分鐘。放下雞肝與青豆拌勻，同時淋下 1 大匙太白粉水勾芡，盛出。
4. 將包心菜放在開水中燙軟（需將底梗部份切上刀口，整顆放入，待葉子全部被燙軟了便可剝下），然後切除少數葉梗，僅用 12 公分的方形葉子來包裹第（3）材料（約 1 大匙的量），沾少許太白粉封口，排在盤子上，上鍋用大火蒸 20 分鐘左右。
5. 另在炒鍋中熱 1 大匙油，倒下清湯 1 杯，加 1/3 茶匙的鹽調味、煮滾後勾芡，最後加入奶水拌勻，淋到已蒸好的菜捲上。

「Cabbage Rolls with Cream Sauce」

Ingredients:

150g. chicken meat or pork, 100g. shrimp, 1 chicken liver, 60g. ham, 3 black mushrooms, 1 bamboo shoot (cooked), 2T. green peas, 10 pieces cabbage leaf

Seasonings:

1t. salt, 2t. cornstarch, 1 1/2C. soup stock, 2T. evaporated milk or cream, 1T. cornstarch paste

Procedures:

1. Cut the chicken meat (or pork) into small cubes, mix with 1 t. cornstarch. Rinse shrimp, then cut into small cubes, add 1 t. cornstarch and mix well.
2. Boil chicken liver for 5 minutes, cut into small cubes. Cut ham and soaked mushroom into small cubes too.
3. Heat 2T. oil in frying pan. Fry chicken meat and shrimp, stir for a few seconds, add mushrooms, bamboo shoot and ham. Then add 1/3 t. salt and 1/2C. soup stock, cook for 1/2 minute. Add chicken livers and green peas, thicken with cornstarch paste, stir until starchy, remove.
4. Remove and discard core of cabbage. Place cabbage in a pot of boiling water and gently remove the softened leaves. Cut hard spine from leaf, trim leaves to 12cm square . Place 1 T. of #3 mixture in center of leaf, roll and sealing edges with cornstarch. Set on a platter with cut side down.Steam for 15 minutes.
5. Heat 1T. oil and 1C. stock in a sauce pan, season with 1/3t. salt, thicken with cornstarch paste, add cream mix evenly, pour over cabbage rolls and serve hot.

奶油什錦菜捲 Cabbage Rolls with Cream Sauce

Assorted Meat Soup in Winter Melon 什錦冬瓜盅

「什錦冬瓜盅」

材料

熟雞肉 120 公克，熟火腿 80 公克，雞肝 2 付，雞肫 2 個，冬菇 4 朵，小蝦仁 100 公克，筍 1 支，干貝 2 個，冬瓜 2.5 公斤，薑 2 片

調味料

鹽 1 1/2 茶匙，酒 1 大匙，清湯 5 杯

做法

1. 冬菇用溫水泡軟，筍去殼、煮熟，分別切成小丁；雞肉與熟火腿也切小丁。
2. 雞肝、雞肫剔除白筋後切成小粒；蝦仁如太大也切小一點備用。
3. 將以上各種材料全部放在開水中川燙一次（約 5 秒），隨即瀝出。
4. 干貝蒸半小時，用手撕成粗絲。
5. 冬瓜應選購圓、正而不太大之前半段（即無蒂之一端），刷洗乾淨後挖除瓜籽，可在瓜緣上削切成一圈齒輪狀，裝入一只盆內，上鍋蒸約半小時，至冬瓜已有七成爛為止。
6. 將各項川燙過之材料與干貝（連汁）全部傾入冬瓜內，加鹽、酒及薑片，注入清湯，上鍋續蒸 15 分鐘，取出後可連同蒸碗一起上桌（薑片應挾出）。

註

1. 冬瓜盅內之材料種類可隨意，如要名貴些，可放入鮑魚、蟹肉、鴿蛋之類。
2. 川燙時需用大火，但要把握時間，不可燙太久，以免走味。

「Assorted Meat Soup in Winter Melon」

Ingredients:

120g. cooked chicken meat (or pork), 80g. ham, 2 chicken livers, 2 chicken gizzards, 4 black mushrooms, 100g. shrimp, 1 bamboo shoot (cooked), 2 dried scallops, 2.5kg winter melon (Use only 6" or 7" from lower part), 2 slices ginger

Seasonings:

1 1/2t. salt, 1T. wine, 5C. soup stock

Procedures:

1. Soften the black mushrooms in warm water, then cut into small cubes. Cut bamboo shoot, chicken and ham into cubes too.
2. Remove the ligament of chicken gizzard. Cut livers and gizzards into small cubes. Cut shrimp into small pieces.
3. Steam the scallops for about 1/2 hour until soft. Tear into shreds by fingers.
4. Blanch all the ingredients (except scallops) in boiling water only for 5 seconds, drain.
5. Clean the winter melon. Remove the seeds, from melon. Carve the rim with simple pattern. Put the melon into a soup bowl. Steam for about 1/2 hour to soft.
6. Put all the ingredients including the soup from steamed scallop into the melon. Add salt, ginger, wine and soup stock. Steam for 15 minutes more until the melon is soft, serve. (Remove the ginger slices before serving).

Note

1.The ingredients for this recipe can be flexible. Abalone, crab meat, pigeon's egg can be used too.
2. The timing for blanch the ingredients are very important, or you'll loose the flavor.

西部菜

Western

新疆
西藏
青海
甘肅
寧夏
綏遠
察哈爾
熱河
遼寧
吉林
松江
合江
黑龍江
嫩江
興安
遼北
安東
河北
山西
陝西
山東
河南
江蘇
安徽
湖北
浙江
江西
福建
西康
四川
貴州
湖南
雲南
廣西
廣東
台灣

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「棒棒雞」

材料

雞 1/2 隻，寬粉條 1 把，小黃瓜 1 條，鹽 1/3 茶匙，薑汁 1 茶匙，蒜泥 1/2 大匙，花椒粉 1/2 茶匙，碎蔥末 1 茶匙

綜合調味料

芝麻醬 1 大匙，醬油 2 大匙，水 1 大匙，鎮江醋 1 大匙， 麻油 1 大匙，辣椒油 1 茶匙，糖 2 茶匙，鹽 1/4 茶匙，花椒油（可免）1 茶匙

做法

1. 將雞洗淨後放入滾水中，以中火煮約 20 分鐘（可放少許蔥薑同煮），撈出後瀝乾湯汁、放至冷卻。
2. 黃瓜先直切成兩半，再打斜切成半圓形的薄片，用鹽醃約 10 分鐘，沖洗一下，擠乾水份，放在盤子的一邊。
3. 寬粉條用溫水泡軟，再放入滾水中煮至透明，撈出用冷開水沖涼，瀝乾水份，放在盤子裡。
4. 將雞之大骨剔除，連皮切成 4 公分長、1 公分寬之細條，全部排列在寬粉條上，撒下花椒粉。
5. 小碗中，先放芝麻醬，再慢慢加入醬油和水，調開成稀稠汁，再陸續加其他調味料和薑汁、蒜泥及蔥末調勻，待上桌前澆到雞肉上，吃時略加拌勻便可。

「Bang Bang Chicken」

Ingredients:

1/2 chicken, 1 bundle mung bean noodle, 1 cucumber, 1/3t. salt, 1t. ginger juice, 1/2T. smashed garlic, 1/2t. brown pepper corn powder, 1t. firely chopped green onion

Seasonings:

1T. sesame seed paste, 2T. soy sauce, 1T. water, 1T. vinegar, 1T. sesame oil, 1T. hot chili oil, 2t. sugar, 1/4t. salt, 1t. brown pepper corn oil (optional)

Procedures:

1. Boil water in a large pot, add chicken and cook for 20 minutes. Take chicken out, let it cools.
2. Slice the cucumber, mix with salt for about 10 minutes, squeeze out the salty juice and lay on a plate.
3. Soak bean noodles to soft, boil until it becomes transparent, remove and rinse with cold water. Drain and arrange on the plate.
4. Remove chicken bones, cut the meat into stripes 4cm long and 1cm wide, place on top of bean noodles, then sprinkle with peppercorn powder.
5. Mix sesame seed paste with soy sauce and water little by little, then mix with all other seasonings, add ginger juice, garlic and green onion, mix well, serve with chicken (pour the seasoning sauce over chicken and mix carefully on table before eating).

Note

1. You may boil the chicken with 6-7cups of water instead of steam it, then use the soup stock directly.
2. The wine brine can be saved and used again. It is advisable not to soak the chicken any longer then 3 days , otherwise the flavor of wine might be too strong.

棒棒雞 Bang Bang Chicken

Dongan Chicken 東安雞

「東安雞」

材料

雞 1/2 隻，蔥絲 1/2 杯，薑絲 1/3 杯，紅辣椒絲 1/3杯，花椒粒 1/2 大匙，清湯 1 杯

調味料

酒 1 大匙，醬油 2 大匙，鹽 1/3 茶匙，糖 1 茶匙，鎮江醋 1 大匙，太白粉水 1/2 大匙，麻油少許

做法

1. 雞洗淨放入鍋內，加入清水（要蓋住雞面）、並放 1 支蔥和 2 片薑，用大火煮滾，再改用中火續煮 15 分鐘。
2. 將雞取出，待稍涼後，剔除大骨（即雞背、雞胸等部位的骨頭），大腿骨可不必取出，以利刀斬剁成 2.5 公分寬之塊狀。
3. 在炒鍋內燒熱 2 大匙油，先爆香花椒，再放下蔥絲、薑絲及紅辣椒絲同炒（如不喜食辣味，可留到最後加入），並將雞塊落鍋，加入酒、醬油、鹽、糖調味，然後注入清湯煮約 3 分鐘，再淋下醋。
4. 用太白粉水勾芡，最後淋下麻油即可裝盤。

「Dongan Chicken」

Ingredients:

1/2 chicken
1/2C. green onion shreds
1/3C. ginger shreds
1/3C. red chili pepper shreds
1/2T. brown peppercorn
1C. soup stock

Seasonings:

1T. wine
2T. soy sauce
1/3t. salt
1t. sugar
1T. brown vinegar
1/2T. cornstarch paste
a little of sesame oil

Procedures:

1. Boil the chicken with 6C. water,1 stalk green onion and 2 slices ginger for about 15 minutes.
2. Remove and let the chicken cools, cut into 2.5cm wide pieces.
3. Fry brown peppercorn with 2T. oil over low heat until fragrant, add green onion, ginger and red pepper, then add chicken, soy sauce, wine, salt and sugar, stir fry evenly. Add soup stock, stew for 3 minutes. Add vinegar.
4. Thicken the sauce with cornstarch paste, add some sesame oil before serving.

Note

1. You may boil the chicken with 6-7cups of water instead of steam it, then use the soup stock directly.
2. The wine brine can be saved and used again. It is advisable not to soak the chicken any longer then 3 days , otherwise the flavor of wine might be too strong.

「成都子雞」

材料

雞腿 2 支（約 600 公克重），花椒粒 1 茶匙，紅辣椒屑 1 大匙，薑屑 1/2 大匙，蒜屑 1/2 大匙，蔥屑 2 大匙，芹菜屑 2 大匙

調味料

辣豆瓣醬 2 大匙
酒 1 大匙，糖 1 茶匙
鹽 1/3 茶匙
鎮江醋 1/2 大匙
太白粉水 2 茶匙

做法

1. 將雞連骨帶皮斬成 2.5 公分之四方小塊。
2. 將 3 大匙油燒至極熱，倒入雞塊大火拌炒約 2 分鐘，見雞肉已半熟時，放進花椒粒再同炒，並將紅辣椒與辣豆瓣醬下鍋，繼續拌炒 2 分鐘。
3. 淋下酒，並放下薑、蒜屑與糖、鹽、醋調味，注入 1 杯的熱水，蓋上鍋蓋再燜煮 3 分鐘左右，至雞塊熟透為止。
4. 用太白粉水勾芡，最後再將芹菜屑與蔥屑撒下，略加翻拌即可裝盤。

註｛此菜所用之紅辣椒應選用取自泡菜滷中已泡過之紅辣椒為宜。

「Sautéed Chicken Chengdu Style」

Ingredients:

2 chicken legs (about 600g.), 1t. brown peppercorn, 1T. chopped red chili pepper, 1/2T. chopped ginger, 1/2T. chopped garlic,
2T. chopped green onion,
2T. chopped celery

Seasonings:

2T. hot bean paste,
1T. wine, 1t. sugar,
1/3t. salt, 1/2T. brown vinegar, 2t. cornstarch paste

Procedures:

1. Cut the chicken with bone and skin into 2.5 cm cubes.
2. Heat 3T. oil to very hot, stir fry the chicken for 2 minutes, add peppercorn, stir fry again. Add red chili pepper and hot bean paste, stir fry for 2 minutes more.
3. Add wine, ginger, garlic ,sugar, salt, vinegar and 1C. hot water. Cover and simmer for 3 minutes until chicken is done.
4. Thicken with cornstarch paste. Add chopped celery and green onion. Mix well and serve.

Note Chengdu is a big city in the Sichuan Province of China. The red chili used in this recipe should be pickled chilis.

成都子雞 *Sauteéd Chicken Chengdu Style*

Oil Dripped Chicken 油淋子雞

「油淋子雞」

材料

雞腿 2 支，蔥屑 1 大匙，
花椒粉 1 茶匙，
麻油 1 大匙

醃雞料

蔥 2 支
薑 3 片
八角 1/2 顆
醬油 4 大匙
酒 1 大匙

做法

1. 雞腿洗淨、擦乾水份。用叉子在雞肉上插些細孔，放入大碗裡，用醃雞料醃泡約 1 小時。
2. 蒸鍋中水滾後，放入雞腿和醃料，以大火蒸 20 分鐘左右，取出，擦乾表皮水分。
3. 燒熱 4～5 杯炸油，放下蒸過之雞肉，用大火炸 2～3 分鐘，至雞皮變脆而呈紅褐色時即可撈出。趁熱斬剁成長方塊，排列在菜盤中。
4. 將蔥屑與花椒粉撒在雞肉上，再在炒鍋內燒滾麻油及炸油各 1 大匙，快速淋在蔥花上，再將蒸雞之汁也澆上 2 大匙便可。

註 1. 此菜也可用去骨雞腿來做，稱之為「油淋去骨雞」。
2. 油淋子雞也可以不必蒸，僅在醃泡後生炸，名為「生炸油淋雞」。

「Oil Dripped Chicken」

Ingredients:

2 chicken legs
1T. chopped green onions
1t. brown peppercorn powder
1T. sesame oil

Seasonings:

2 stalks green onions
3 slices ginger
1/2 star anise
4T. soy sauce
1T. wine

Procedures:

1. Clean chicken, pierce the meat with a fork for a few times. Marinate with seasonings for at least 1 hour.
2. Steam the chicken with marinade for about 20 minutes, remove the chicken and pat dry the skin, save the broth.
3. Heat 4～5 cups of oil in frying pan, deep fry chicken legs for about 2～3 minutes, when the skin becomes crispy and the color turns brown, remove chicken and cut into pieces. Arrange the chicken on a plate.
4. Sprinkle green onion and peppercorn powder over chicken, then pour over heated sesame oil and oil (1 table spoon of each) on green onion, splash 2T. chicken broth over chicken and serve.

Note For this dish, the bones may be removed before cooking, or deep fry the chicken without steaming it.

「麻辣子雞」

材料

雞腿 2 支或雞肉 300 公克，青辣椒 2 個，紅辣椒 3 支，大蒜片 3 大匙，花椒粉適量

醃雞料

蛋白 1 大匙，太白粉 1 大匙，水 1 大匙，醬油 1 大匙

綜合調味料

醬油 2 大匙，酒 1/2 大匙，鎮江醋 1 大匙，糖 1 茶匙，鹽 1/4 茶匙，水 2 大匙，麻油 1/2 茶匙，花椒粉 1/4 茶匙，太白粉 1 茶匙

做法

1. 雞腿去骨，用刀在肉面上輕剁數下，連皮切成 2.5 公分四方塊，用醃雞料拌勻，醃約半小時以上。
2. 青辣椒與紅辣椒洗淨、除籽，切成與雞肉同樣大小之塊狀。
3. 在炒鍋內燒熱 1 杯油，將雞肉全部傾入油中、泡炸約 40 秒鐘，見雞肉變色即可撈出。
4. 在原炒鍋內另燒熱 1 大匙油，先下蒜片爆香，再將青、紅辣椒下鍋同炒，隨即將雞肉與綜合調味料一起倒進鍋中，迅加鏟拌，至十分均勻後便可裝盤，再撒上適量的花椒粉便可上桌。

註 喜歡辣味重一點，可以用小辣椒以增辣味。

「Chicken with Spicy Sauce」

Ingredients:

300 g. chicken meat or 2 chicken legs, 2 green peppers, 3 red peppers, 3T. garlic slices, extra brown peppercorn powder

Seasonings (1):

1T. egg white
1T. cornstarch
1T. water
1T. soy sauce

Seasonings (2):

2T. soy sauce, 1/2 T. wine, 1T. brown vinegar, 1t. sugar, 1/4t. salt, 2T. water, 1t. cornstarch, 1/2t. sesame oil, 1/4t. brown peppercorn powder

Procedures:

1. Remove all bone from chicken, cut into 2.5cm cubes. Marinate with seasonings (1) for at least 30 minutes.
2. Remove seeds and steam from green and red peppers, cut into 2.5cm squares.
3. Heat 1C. oil to very hot, fry chicken for about 30 seconds until dine, remove chicken .
4. Heat another 1T. oil to fry garlic, when fragrant, add green and red peppers, stir fry for a few seconds. Add the chicken and seasonings (2), stir it until evenly mixed. Remove to a plate, sprinkle the extra brown peppercorn powder of you like.

Note You may use red chili to make it hotter.

麻辣子雞 Chicken with Spicy Sauce

Chicken with Gongbao Sauce 宮保雞丁

「宮保雞丁」

材料

雞腿 2 支或雞胸肉 400 公克，乾紅辣椒 10 支，油炸花生米 1/2 杯，薑屑 1 茶匙

醃雞料

醬油 1 大匙，
太白粉 2/3 大匙，
水 1 大匙

綜合調味料

醬油 2 大匙，酒 1 大匙，糖 1 大匙，太白粉 1 茶匙，麻油 1/2 茶匙，鹽 1/4 茶匙

做法

1. 雞腿去骨，用刀輕剁數下，以使白筋剁斷，再切成 2.5 公分四方塊狀，用醃雞料拌勻，醃約半小時。
2. 炸過的花生米，去皮備用；乾辣椒以濕紙巾擦一下，切成 3 公分長度。
3. 在炒鍋內燒熱炸油，倒下已醃過之雞肉，用大火迅速炸熟，約 40～50 秒，即可撈出。
4. 另在炒菜鍋內燒熱 1 大匙油，先放下乾紅辣椒，炒至紅褐色，再加進薑屑及雞肉，以旺火拌炒數下，隨後倒入已調勻在小碗中之綜合調味料炒勻，關火後加入炸過之花生米拌勻即可裝盤。

「Chicken with Gongbao Sauce」

Ingredients:

2 chicken legs or 400 g. chicken breast, 10 pieces dried red chili,
1/2C. peanuts,
1t. chopped ginger

Seasonings (1):

1T. soy sauce
2-3 T. cornstarch
1T. water

Seasonings (2):

2T. soy sauce, 1T. wine,
1T. sugar, 1t. cornstarch,
1/4t. salt, 1/2 t. sesame oil

Procedures:

1. Remove all bones from chicken, cut into 2.5cm cubes, marinate with seasonings (1) for 30 minutes.
2. Wipe the dried red chili, cut into 3 cm long pieces.
3. Fry chicken in heated oil for 40～50 seconds. Remove chicken.
4. Heat 1T. oil to fry dried red chilies until it turns dark red, add ginger and chicken, stir fry quickly, add the seasonings (2), stir until evenly mixed, turn off the heat. Add the peanuts (deep fried or roasted), mix well and serve.

「樟茶鴨」

材料

光鴨 1 隻（約 1.8kg）
鹽 2 大匙
花椒粒 2 大匙
硝粉 1 茶匙
木屑 2 杯
紅茶葉 1/2 杯
橘子皮或檸檬皮（可免）少許
炸油 8 杯

做法

1. 鴨子洗淨，擦乾水份。乾鍋中將花椒粒炒香，加入鹽再炒一下，盛出放涼後拌入硝粉，均勻而用力地抹擦在鴨身內外，醃置 6 小時以上（一晝夜以內）。
2. 抹去鴨身上的花椒粒，用繩紮住鴨子頸部，吊掛在通風處，以使鴨皮被風吹乾（約 6 小時左右）。
3. 在一口舊鐵鍋內，放下木屑，紅茶葉及水果皮等燻料，上面放置一枚鐵絲網，再放上鴨子，蓋上鍋蓋，用小火燒燃，使鍋中之燻料起煙，約 20 分鐘後，將鴨身翻轉一面，再繼續燻至鴨身全部呈茶黃色時便可取出。
4. 將燻鴨放入蒸籠中，用大火蒸約 2 小時。
5. 燒熱炸油，將鴨放下，用大火炸至鴨身全面呈紅褐色，且鴨皮酥脆為止。撈出後趁熱斬剁成塊狀，排入盤中上桌。（盤邊可配上蔥白或青蒜絲配食）

註 此菜為川味中著名而特殊之一種鴨的做法，鴨皮香脆，鴨肉肥[illegible]溢茶香及煙燻香味。餐廳中燻爐較大，熱氣足，可以將鴨直接燻熟，此為家常[illegible]

「Camphor and Tea Smoked Duck」

Ingredients:

1 duck (about 1.8 Kg.)
2T. salt
2T. brown peppercorn
1t. saltpeter
2C. wood chips (camphor wood is the best)
1/2C. black tea leaves
a little of fruit peel (orange or lemon)

Procedures:

1. Stir fry peppercorns and salt in a dry pan over low heat for about 1 minute, remove and let it cools, then mix with saltpeter. Rub the duck both inside and out side with the salt, marinate for 6 hours or overnight.
2. Hang the duck up and place it in shade of a windy area, leave until skin becomes dry (about 6 hours).
3. Place the wood chips, black tea leaves and fruit peel (mixed together) in a pot. Put the duck on a rock over the chips. Cover. Smoke for about 20 minutes over low heat. Turn the duck over and smoke for 10 minutes more. Duck will be brown.
4. Steam the duck for 2 hours.
5. Remove and deep fry until the skin is crispy and dark brown. Cut it into pieces, arrange on platter. It may serve with green onion or green garlic shreds.

Note Th[illegible] a very famous Sichuan dish. In restaurant, they smoke the duck to done in a la[illegible]moke oven. This is a home-style way to make the duck.

樟茶鴨 Camphor and Tea Smoked Duck

Stewed Pork in Brown Sauce 紅燜肉

「紅燜肉」

材料

- 豬肉（後腿蹄膀或五花肉）1 公斤
- 豬肉皮 150 公克
- 蔥 8 支
- 八角 2 顆

調味料

- 醬油 2/3 杯
- 酒 1/2 杯
- 冰糖 3 大匙
- 清水 2 杯

做法

1. 豬肉整塊洗淨，連皮切成 4 公分大小之四方塊。豬肉皮切塊，和肉一起用開水川燙 30 秒鐘即撈出。
2. 在鍋底先鋪放蔥支，蔥支上面再放肉塊、肉皮，然後加入八角、冰糖、酒、醬油等調味料及 2 杯清水，蓋上鍋蓋。
3. 先用大火煮滾，然後改小火繼續燒煮，煮約 1 小時以後，再用中火使汁變稠。唯在燒煮的過程中，不可揭開鍋蓋探看，只需將鍋子端起加以搖動數次，（約每隔 20 分鐘再搖動一次），以免燒焦和黏住鍋底。
4. 將蔥支撿出放在菜盤內做墊底之用，再將已燒好之肉塊盛入盤內即可上桌供食。

註 此種紅燜（即紅燒）之肉類，最好連同肉皮一起燒煮才會使其汁黏稠明亮，否則不夠美觀，味道也差些。

「Stewed Pork in Brown Sauce」

Ingredients:

- 1kg. pork (button part or pork belly)
- 150 g. pork skin
- 8 stalks green onion
- 2 star anise

Seasonings:

- 2/3 C. soy sauce
- 1/2C. wine
- 3T. rock sugar
- 2C. water

Procedures:

1. Cut the pork into 4 cm pieces, blanch both pork and pork skin for 10 seconds, drain and rinse.
2. Cut each green onion in to long sections, arrange on the bottom of a pot, add pork, pork skin, star anise and all the seasonings. Cover.
3. Bring to a boil, turn to low heat, stew for 1 hour. Don't open the cover while stewing, only shake the pot for about every 20 minutes. Stew until the sauce is reduced to 1/2 cup.
4. To serve, arrange onion on bottom of the platter, add pork and sauce.

Note Cook pork skin in large piece and remove it before serving.

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「回鍋肉」

材料

豬肉（後腿肉或五花肉）
250 公克，青辣椒 1 個，
紅辣椒 3 支，大蒜 3 粒，
青蒜 1 支

煮肉料

蔥 1 支，薑 2 片，
酒 1 大匙，水 4 杯

調味料

甜麵醬 1 大匙，醬油 1 大
匙，辣豆瓣醬 1/2 大匙，
糖 1 大匙

做法

1. 豬肉整塊洗淨，加入煮肉料中，以中小火煮 20 分鐘左右，見肉已熟透即可撈出，待冷後，逆紋切成薄片（用推刀法切，越薄越好）。
2. 青、紅辣椒去籽，切成滾刀塊或 2.5 公分四方塊；大蒜切薄片；青蒜切成斜絲或薄片。
3. 將所有調味料放在小碗內預先調好。
4. 在炒菜鍋內燒熱 1 大匙油，先爆炒肉片至肥肉收縮、油已滲出，再放下大蒜片同炒，並加入青、紅辣椒拌炒數秒鐘即行盛出（或全部堆在鍋邊上）。
5. 再利用鍋中所餘之油炒香甜麵醬料，然後將肉片、辣椒等放回鍋內，拌炒均勻，最後在起鍋前加入青蒜絲，再加拌合即可。

「Double Cooked Pork Slices」

Ingredients:

250g. pork (boneless)
1 green peppers
3 red peppers
3 garlic buds
1 green garlic

Seasonings (1):

1 green onion
2 slices ginger
1T. wine
4C. water

Seasonings (2):

1T. Sweet soybean paste
1T. soy sauce
1/2T. Hot bean paste
1T. sugar

Procedures:

1. Boil the whole pork with seasoning (1) for about 20 minutes, when the pork is done, remove. Cut into very thin slices after it cools.
2. Cut the green and red peppers into 2.5 cm pieces and slice green garlic.
3. Mix seasonings (2) evenly in a bowl.
4. Fry the pork slices with 1T. oil for 1 minute. Then add garlic, green and red pepper, stir fry for a few seconds. Remove from pan.
5. Use the remaining oil to stir fry the sweet soy bean paste over low heat until fragrant. Return pork and peppers, stir well and add green garlic at last, mix and serve.

回鍋肉 Double Cooked Pork Slices

Stir Fried Pork String with Yu-shiang Sauce 魚香肉絲

「魚香肉絲」

材料

瘦豬肉 300 公克，荸薺 6 個（或筍 1/2 支），乾木耳 2 大匙，薑屑 1 茶匙，蒜屑 2 茶匙

醃肉絲料

醬油 1 大匙，太白粉 1 大匙，水 2 大匙

綜合調味料

蔥屑 1 大匙，醬油 1/2 大匙，鎮江醋 1 大匙，辣豆瓣醬 1 大匙，酒 1/2 大匙，糖 1 茶匙，鹽 1/4 茶匙，太白粉 1 茶匙，麻油 1/2 茶匙，胡椒粉少許

做法

1. 將豬肉全部切成細絲，用醃肉料拌勻，醃 10 分鐘以上。
2. 將木耳用溫水泡漲，摘去根蒂，洗淨、切成細絲；荸薺也切成絲。
3. 將 1 杯油在炒鍋內燒至 6 分熱，傾入肉絲過油，迅速撥散，見肉變色已熟時，即行撈出，餘油倒出。
4. 另在炒菜鍋內燒熱 1 大匙油，先爆炒薑屑及蒜屑後，續放下荸薺絲、木耳絲同炒，然後將豬肉絲加入，拌炒數下，並倒下綜合調味料，迅速鏟拌至均勻，裝盤，趁熱供食。

註「魚香」係指四川菜中燒魚時所用之各種佐料而言，也是四川菜之代表風味。

「Stir Fried Pork Strings with Yu-shiang Sauce」

Ingredients:

300g. pork tenderloin, 6 water chestnuts (or 1/2 bamboo shoot), 2T. dried black fungus, 1t. chopped ginger, 2t. chopped garlic

Seasonings (1):

1T. soy sauce, 1T. cornstarch, 2T. cold water

Seasonings (2):

1T. chopped green onion, 1/2T. soy sauce, 1T. brown vinegar, 1T. hot bean paste 1/2T. wine, 1t. sugar, 1/4t. salt, 1t. cornstarch, 1/2t. sesame oil, 1/6t. black pepper

Procedures:

1. Shred the pork, marinate with seasonings (1) at least for 10 minutes.
2. Soak dry black fungus in warm water until soft, trim and shred it. Shred the water chestnuts.
3. Heat 1C. oil to stir fry pork strings, remove it quickly when the color of pork is changed. Drain off the oil.
4. Heat another 1T. oil to stir fry garlic and ginger, then add water chestnuts, fungus, and pork strings, stir fry for a few seconds only. Add the seasonings (2) and stir fry evenly. Serve.

Note This is a traditional Sichuan dish, those condiments was used to cook fish, it taste very good.

「紅燒牛肉」

材料

- 牛肉（肋條或腱子肉）1.2 kg
- 大蒜 5 粒
- 蔥 5 支
- 薑 5 片
- 八角 3 顆
- 花椒粒 1 大匙

調味料

- 醬油 2/3 杯
- 酒 2 大匙
- 辣豆瓣醬 2 大匙
- 糖 2 茶匙
- 鹽少許

做法

1. 牛肉切成 3 公分左右的方塊，全部在開水中川燙一下（需用大火，約 30 秒鐘），隨即將肉撈出，水倒棄，再把肉放回原鍋中，並加入開水（要高出肉面約 2 公分），放下蔥、薑、八角，蓋上鍋蓋，用中小火燒煮約 40 分鐘。
2. 另在炒鍋內，燒熱 3 大匙油，先爆香拍裂之大蒜粒，再加入花椒同炒，放下辣豆瓣醬炒透，繼續加入醬油、酒，用小火煮 2 分鐘。
3. 將（2）之佐料用篩網過濾，湯汁瀝入牛肉鍋內，再繼續紅燒至汁濃而肉已酥爛為止，約需 1 小時，嚐一下味道，可加鹽調整，盛出供食。

註 如不喜歡辣味，可將辣豆瓣醬改為豆瓣醬，此種紅燒牛肉可做為紅燒牛肉麵之澆頭，係純四川口味。

「Beef Stew, Sichuan Style」

Ingredients:

- 1.2Kg beef (chuck or flank)
- 5 garlic buds
- 5 stalks green onion
- 5 slices ginger
- 3 star anise
- 1T. brown peppercorn

Seasonings:

- 2/3 soy sauce
- 2T. wine
- 3T. hot bean paste
- 2t. sugar
- a little of salt

Procedures:

1. Cut the beef into 3 cm pieces, blanch for about 1/2 minute, remove beef and rinse it, drain off the water. return beef to pot, add boiling water again (the water should cover the beef). Add star anise, green onion, and ginger, stew for about 40 minutes.
2. Heat 3T. oil to fry the garlic and peppercorn, when fragrant, add hot bean paste, soy sauce, wine and sugar, bring to a boil and cook for 2 minutes.
3. Strain the soy sauce from #2 into the beef pot. Stew for about 1 hour or until beef is tender enough. You may season with some salt if needed.

Note If you don't like spicy taste, you may use the bean paste or just add more soy sauce.

紅燒牛肉 Beef Stew, Sichuan Style

Steamed Beef with Spicy Rice Powder 粉蒸牛肉

「粉蒸牛肉」

材料

牛肉 200 克，蕃薯 1 個（或馬鈴薯）約 200 公克，蒸肉粉 1 包（1/2 杯），蔥 2 支，薑 2 片，八角 1/2 顆

調味料

醬油 1 大匙，酒 1 大匙，糖 1 茶匙，鹽 1/4 茶匙，小蘇打 1/3 茶匙，辣豆瓣醬 1/2 大匙，水 3 大匙

做法

1. 選購全瘦且無筋之上好牛肉，逆紋切成 4 公分大小，約 0.3 公分厚之片狀，放在大碗裡加入蔥段（拍碎）、薑片、八角（切碎）和調味料拌勻，醃約 30 分鐘。
2. 牛肉中再加入 2 大匙油和蒸肉粉，仔細拌和，需將每片肉均沾上蒸肉粉。蕃薯削皮，切成滾刀塊。
3. 將蕃薯放在小竹蒸籠裡，再把牛肉平鋪在上面，上鍋用大火蒸熟，約需 20 分鐘，食時可撒下少許蔥屑及花椒粉，連蒸籠上桌。

註
1. 如無竹蒸籠時可用水盤或湯碗，肉在下面，蕃薯在上面，蒸好再倒扣出來，約需蒸 30 分鐘。
2. 蒸肉粉係將梗米用小火乾炒（需加入花椒數粒和八角 1～2 顆同炒），炒至米的顏色變黃後盛出，待冷卻後研磨成粉狀即可。

「Steamed Beef with Spicy Rice Powder」

Ingredients:

200g. beef, 200g. sweet potato or potato,
1/2C. rice powder,
2 stalks green onion,
2 slices ginger, 1/2 star anise

Seasonings:

1T. soy sauce
1T. wine
1t. sugar
1/4t. salt
1/2 hot bean paste
3T. water

Procedures:

1. Slice the beef into 4 cm pieces, and about 0.3 cm thick; marinate with green onion, ginger, star anise, and all seasonings for about 30 minutes.
2. Add 2 T. oil and rice powder to beef, mix well. Cut sweet potato.
3. Arrange sweet potato to a bamboo steamer, put beef on top. Steam over high heat for about 15 minutes. Sprinkle some chopped green onion and brown peppercorn powder over the beef, serve.

Note
1. You may steam this dish by using a bow, not a steamer, arrange beef under, then put sweet potato on top, steam for 20 minutes, then turn them over to a plate before serving
2. To prepare rice powder by yourself. Place 1 cup of uncooked rice in a frying pan without oil, add 2 star anise and 1t. brown peppercorn, stir fry over low heat for about 5 minutes until the rice gets a little brown. Remove and let it cools. Crash it [illegible] the size about bread crumbs.

「乾煸牛肉絲」

材料

瘦牛肉 450 公克，芹菜 200 公克，胡蘿蔔 1/2 支，紅辣椒 2~3 支

醃肉料

醬油 1 大匙，酒 1 大匙，水 1 大匙，糖 1/2 茶匙，薑汁 1 茶匙

調味料

鹽 1/3 茶匙，麻油 1/2 茶匙，花椒粉 1/2 茶匙

做法

1. 先將牛肉切成 0.2 公分厚之片狀，再順紋切成絲（不必太細），加入醃肉料拌勻，醃約 30 分鐘左右，需時常加以調拌。
2. 芹菜摘好，切成 3 公分長段；胡蘿蔔去皮切成細絲；紅辣椒先除籽，也切成絲備用。
3. 在炒鍋內燒熱 4 大匙油後，倒下牛肉絲，用大火拌炒，見牛肉滲出湯汁時仍繼續用大火煸炒，約 5 分鐘後，改為中小火，繼續炒至牛肉絲變褐黃而堅硬為止（約需 12 分鐘），由鍋中盛出。
4. 另在鍋內燒熱 2 大匙油，先爆香紅辣椒絲與胡蘿蔔絲，略炒一下，再加入芹菜同炒，灑下 1 大匙水，並加鹽調味，隨即將已炒好之牛肉絲合入拌勻，最後淋下麻油，再撒下花椒粉便可。

註
1. 此菜也可將牛肉絲用多量熱油（約 4 杯）大火炸乾水分，則僅需 3～4 分鐘便可。
2. 如喜食辣味，可酌加 1 大匙辣椒醬（或辣椒油）同炒。

「Stir Fried Beef, Country Style」

Ingredients:

450g. beef
200g. celery
1/2 carrot
2～3 red chilies

Seasonings (1):

1T. soy sauce
1T. wine
1T. water
1/2t. sugar
1t. ginger juice

Seasonings (2):

1/3t. salt
1/2t. sesame oil
1/2t. brown peppercorn powder

Procedures:

1. Slice and then shred the beef, marinate with seasonings (1) for about 30 minutes.
2. Trim the celery and cut it into 3 cm long. Shred carrot and chilies.
3. Heat 4T. oil in a frying pan, stir fry the beef for about 12 minutes (for the first 5 minutes, fry it over high heat, reduce to medium high heat for 7 minutes and don't stop stirring). When beef turns brown and dry, remove to a bowl.
4. Heat another 2T. oil to fry the red chilies and carrots, after 1/2 minute, add the celery, 1T. water and salt, stir fry for a while. Add beef, stir them until mixed. Sprinkle brown peppercorn powder and sesame oil, then remove to a plate.

Note
1. If you want to make the beef quickly, you may deep fry beef strings in very hot oil for about 4 minutes.
Chili sauce or chili oil may be added to this dish, if you like spicy food.

乾煸牛肉絲 *Stir Fried Beef, Country Style*

Kidney with Hot Sauce 紅油腰片

「紅油腰片」

材料

- 豬腰 1 付
- 小黃瓜 1 條
- 新鮮粉皮 1 疊
- 蒜泥 1/2 大匙
- 薑屑 1/2 大匙
- 花椒粉 1 茶匙

綜合調味料

- 芝麻醬1大匙
- 醬油（淡色）2 大匙
- 鎮江醋 1 大匙
- 糖 1 茶匙
- 麻油 1 大匙
- 辣椒油 1 大匙

做法

1. 豬腰先由橫面剖開，剔除內部之白筋，在表面上直刀劃上刀紋（約 7～8 條），再橫刀斜切成大薄片，全部切好後，將腰子浸泡在冷水裡，要不斷換水，使水不再混濁。
2. 小黃瓜先對剖成兩條，再切成半圓形之薄片，撒上 1/3 茶匙鹽拌和，醃約 10 分鐘左右，擠乾鹽水，鋪在餐盤內。
3. 粉皮切成寬條，用冷開水沖過、瀝乾，拌入少許麻油及 1/4 茶匙鹽，鋪在黃瓜片上。
4. 在一只碗內，先用少許冷開水將芝麻醬調稀，然後加進各種調味料，並將蒜泥、薑汁、花椒粉加入，調勻備用，（辣椒油可留到最後淋下）。
5. 煮滾 5 杯水，將腰片投入，用中小火燙約 10 秒鐘，見腰片已熟即撈出，再沖一次冷開水後瀝乾，一片片整齊排列在盤中粉皮上，上桌時將調味料淋上，拌勻即可。

「Kidney with Hot Sauce」

Ingredients:

- 2 pieces pork kidney
- 1 small cucumber
- 1 piece mung bean sheet
- 1/2T. smashed garlic
- 1/2T. smashed ginger
- 1t. brown peppercorn powder

Seasonings:

- 1T. sesame seed paste
- 2T. soy sauce (light color)
- 1T. brown vinegar
- 1t. sugar
- 1T. sesame oil
- 1T. red chili oil

Procedures:

1. Cut the kidney in half horizontally, remove all the white membrane. Score 7~8 cuts from end to end in the surface of the kidney, then slice it to large thin pieces. Soak kidney slices in cold water, change water for several times until the water is clear.
2. Slice cucumber and mix with 1/3t. salt for about 10 minutes. Squeeze out the salty water, place on a plate.
3. Cut mung bean sheet into strips, rinse with drinking water, drain, mix with 1/4t. salt and a little of sesame oil. Place on top of cucumber.
4. Mix the sesame seed paste with 2T. cold water, then mix with other seasonings, add garlic, ginger and brown peppercorn powder, stir evenly.
5. Blanch kidney slices with 5C. boiling water for only 10 seconds over medium low heat. Remove kidney and discard water. Rinse it with cold water then drain off water. Arrange kindey on top of bean sheet. Serve with seasoning sauce, mix well just before eat.

「辣豆瓣魚」

材料

活鯉魚（或鯽魚）1 條（約600 公克），蔥屑 2 大匙，薑屑 1 大匙，蒜屑 1 大匙

調味料

辣豆瓣醬 2 大匙，醬油 2 大匙，酒 1 大匙，鹽 1/3 茶匙，糖 1 茶匙，清水 1 1/2 杯，太白粉水 1/2 大匙，鎮江醋 1/2 大匙，麻油 1/2 茶匙

做法

1. 活鯉魚最好在臨烹調時才將之剖殺，除淨內臟，然後在魚身兩面斜切 3～4 條淺紋。
2. 鍋先燒熱，再放下 3 大匙油燒熱，放下魚將兩面煎透，然後將魚推在鍋邊。
3. 用鍋中剩餘的油爆炒薑屑與蒜屑，放下辣豆瓣醬（或辣椒醬）同炒，再淋下酒與醬油，並放鹽、糖調味，注入清水便可將魚移入其中同煮，約煮 3～4 分鐘，需將汁向魚面上多澆淋，以使魚入味。
4. 見鍋中之湯汁只剩一半時，淋下太白粉水勾芡，最後淋下醋及麻油，撒下蔥屑便可裝盤。

「Carp with Hot Bean Sauce」

Ingredients:

1 live carp (about 600g.)
2T. chopped green onion
1T. chopped ginger
1T. chopped garlic

Seasonings:

2T. hot bean paste
2T. light colored soy sauce
1T. wine
1/3t. salt
1t. sugar
1 1/2C. cold water
1/2T. cornstarch paste
1/2T. brown vinegar
1/2t. sesame oil

Procedures:

1. Scale and clean the fish. Cut 3~4 diagonal slashes on both side of fish.
2. Heat the wok to very hot, add 3T. oil, when oil is hot enough, fry the fish until both side get brown, move to one side of the wok.
3. Add ginger, garlic and hot bean paste in, stir thoroughly, then add wine, soy sauce, salt, sugar and cold water, move fish back to the sauce and cook for 3~4 minutes.
4. When the sauce is reduce to half portion, thicken it with cornstarch paste. Sprinkle vinegar, sesame oil and chopped green onion on top of fish, remove and serve.

Note

辣豆瓣魚 *Carp with Hot Bean Sauce*

Deep Fried Paper-wrapped Fish 紙包魚

「紙包魚」

材料

- 石班魚肉（或其他白色魚肉）300 公克
- 火腿絲 2 大匙
- 香菇絲 2 大匙
- 香菜葉 10 片
- 玻璃紙（12 公分四方）10 張
- 麻油 2 茶匙

醃魚用料

- 薑汁 1/2 茶匙
- 鹽 1/3 茶匙
- 酒 1 大匙
- 胡椒粉少許

做法

1. 將魚肉切成 3×6 公分大小，0.6 公分厚的片，共10片，放入醃魚料中拌勻，醃約 10 分鐘。
2. 將一張玻璃紙的中間部位塗上少許麻油（或其他植物油亦可），然後先放火腿絲、香菇絲和香菜葉，在將 1 片魚肉放在上面，先對折成三角形，再折疊 8～9 個小摺子，做成半圓形的紙包魚。
3. 將炸油燒至八分熱，投下紙包魚，用小火炸約 2 分鐘左右（正面向下投入），炸至魚片泛白而熟透即可撈出，瀝淨後裝盤。

「Deep Fried Paper-wrapped Fish」

Ingredients:

- 300g. fish fillet
- 2T. shredded ham
- 2T. shredded black mushroom
- 10 parsley leaves
- 10 pieces cellophane paper (12×12 cm)
- 2T. sesame oil

Seasonings:

- 1/2t. ginger juice
- 1/3t. salt
- 1T. wine
- a little of white pepper

Procedures:

1. Cut fish fillet into 10 slices, the size about 3×6 cm big and 0.6 cm thick. Marinate with seasonings for 10 minutes.
2. Brush paper with sesame oil (or cooking oil). With one corner facing you, place ham, mushroom and parsley on the center, then put one pieces of fish on top, fold and pack it into a semi- circle shape.
3. Heat oil to 160℃, deep fry the fish package for about 2 minutes. The fish meat should turn white. Remove from oil and gently press excess oil out from the package. Place on a platter.

Note

「乾燒蝦仁」

材料

蝦仁 400 公克，
蔥屑 2 大匙，薑屑 1 大匙，豆苗 150 公克

醃蝦仁料

蛋白 1 個，酒 1 茶匙，
鹽 1/4 茶匙，
太白粉 1 大匙

調味料

蕃茄醬 2 大匙，清湯 4 大匙，鹽 1/4 茶匙，糖 1/2 茶匙，太白粉水 2 茶匙，辣椒油 1/2 大匙，麻油 1/2 茶匙

做法

1. 蝦仁用少許鹽抓洗一下，沖洗乾淨，再用紙巾吸乾水份，全部放入盆內，加入醃蝦仁料調拌，醃約半小時以上（時間久一點較好）。
2. 鍋中將 1 杯油燒至 8 分熱後，倒入醃過之蝦仁，用大火迅速泡炸，至蝦仁轉成白色之後瀝出。
3. 鍋中用 2 大匙油將摘好的豆苗炒熟，加鹽調味，盛出、裝盤。
4. 另燒熱 2 大匙油，放進蔥屑、薑屑爆炒，再加入蕃茄醬炒一下，加入清湯、鹽、糖同煮，再用太白粉水勾芡，使汁成濃稠狀，迅速將蝦仁落鍋，並淋上辣椒油和麻油拌合鏟勻，即可裝盤上桌。

「Sautéed Shrimp with Hot Sauce」

Ingredients:

400g. peeled shrimp
2T. chopped green onion
1T. chopped ginger
150g. snow pea sprouts

Seasonings (1):

2T. egg white
1t. wine
1/4t. salt
1T. cornstarch

Seasonings (2):

2T. ketchup, 4T. soup stock, 1/4t. salt, 1/2t. sugar, 2t. cornstarch paste, 1/2T. red chili oil, 1t. sesame oil

Procedures:

1. Rinse and put dry the shrimp, marinate with seasonings (1) for at least 30 minutes (longer is better).
2. Heat 1C. oil to 160℃. Fry shrimp quickly, remove immediately, drain off oil from pan.
3. Heat another 2T. oil in a wok, stir fry green onion and ginger, add ketchup, stir quickly. Add soup stock, salt and sugar, bring to a boil, thicken with cornstarch paste, stir evenly. Add shrimp, sprinkle red chili oil and sesame oil, mix and remove to a serving plate.

乾燒蝦仁 Sautéed Shrimp with Hot Sauce

Popped Rice with Shrimp 蝦仁鍋巴

「蝦仁鍋巴」

材料

蝦仁 200 公克，肉絲 150 公克，冬菇 5 朵，青豆 2 大匙，鍋巴（2 寸四方大）8 片，清湯 2 1/2 杯

醃蝦料

鹽 1/4 茶匙，太白粉 2 茶匙

醃肉料

淡色醬油 1/2 大匙，太白粉 1 茶匙，水 1 大匙

調味料

蕃茄醬 3 大匙，淡色醬油 1 大匙，糖 2 茶匙，醋 1/2 大匙，鹽 1/3 茶匙，太白粉 1 1/2 大匙，麻油 1/4 茶匙

做法

1. 蝦仁洗淨，拭乾水份，用醃蝦料拌勻、醃片刻。
2. 肉絲用醃肉料拌勻醃片刻。
3. 冬菇用水泡軟、去蒂，切成細絲備用。
4. 在炒鍋內把 4 大匙油燒至七分熱，先炒肉絲，盛出後，再將油燒熱、炒蝦仁，熟後也盛出。
5. 放下香菇絲炒香，注入清水煮滾，然後加入蕃茄醬等調味料，待再沸滾後，即可勾芡，再將肉絲、蝦仁及青豆加入拌勻，改以小火繼續使其保暖（不可太滾、以免湯汁變乾），最後淋下少許麻油。
6. 另外鍋中燒熱炸油，投下鍋巴，用大火炸膨脹且至顏色變黃而酥脆時撈出，裝在深盤（或大碗裡）內，和蝦仁料（盛在另一只碗中）一起迅速端上桌，將蝦仁料澆到鍋巴上，當時必呈油爆之聲，即可迅速供食。

「Popped Rice with Shrimp」

Ingredients:

200g. peeled shrimp, 150g. pork strings, 5 black mushrooms, 2T. green peas (cooked), 8 pieces crispy rice, 2 1/2C. soup stock

Seasonings (1):

1/4t. salt, 2t. cornstarch

Seasonings (2):

1/2T. soy sauce, 1t. cornstarch, 1T. water

Seasonings (3):

3T. ketchup, 1T. soy sauce 2t. sugar, 1/2T. vinegar, 1/3t. salt, 1 1/2T. cornstarch paste, 1/4t. sesame oil

Procedures:

1. Rinse and pat dry the shrimp, mix evenly with seasonings (1) for 10 minutes.
2. Marinate pork strings with seasonings (2).
3. Soak mushrooms with water until soft, cut into strings.
4. Heat 4T oil to stir fry pork, remove when it is cooked. Add shrimp in, stir fry until done. Remove.
5. Add shredded mushroom, fry until fragrant, add soup stock, bring to a boil, season with seasonings (3), and thicken with cornstarch paste. Add pork, shrimp and green peas. Keep this sauce warm over low heat. Add sesame oil at last.
6. Deep fry crispy rice in very hot oil until pop up and brown, remove to a platter immediately, serve with the shrimp sauce. Pour the sauce over crispy rice as soon as possible.

「紅燒海參」

材料

海參 450 公克
蔥 5 支
薑 5 片

調味料

醬油 6 大匙
酒 2 大匙
糖 1/2 茶匙
清湯 1 杯
太白粉水 1 大匙
麻油 1/2 茶匙

做法

1. 海參洗淨，整條放入鍋中，加入蔥 2 支、薑 3 片、酒 1 大匙及清水 4 杯，用小火煮 20 分鐘以除腥氣。
2. 撈出海參、沖至涼，橫切成大片。鍋中燒熱 2 大匙油來爆炒海參，加入醬油 2 大匙，煨煮 1 分鐘後撈出海參，湯汁倒棄。
3. 炒鍋內燒熱 2 大匙油，放入 3 支蔥（切長段）、2 片薑爆香，隨後將海參落鍋並淋下酒 1 大匙，加入醬油 4 大匙、鹽、糖及清湯 1 杯，用大火燒煮 2 分鐘左右，淋下太白粉水勾芡拌勻，再淋下麻油便可裝盤。

註 乾海參發泡法係將海參先用冷水浸泡半天，再置火上煮 20 分鐘，離火後放至鍋中水冷卻後始取出，另換清水再泡、再煮，再待水冷，揭蓋取出海參，剪開腹部、挖除腸筋並洗淨沙質，再浸泡 1~2 天即可使用，唯浸與煮時不可用沾有油漬之鍋，以免海參融化縮小。

「Sea cucumber with Brown Sauce」

Ingredients:

450g. sea cucumber
5 stalks green onion
5 slices ginger

Seasonings:

6T. soy sauce
2T. wine
1/2t. sugar
1 C. soup stock
1T. cornstarch paste
1/2t. sesame oil

Procedures:

1. Clean the soaked sea cucumber, cook with 2 stalks green onion, 3 slices ginger, 1T. wine and 3C. cold water for about 20 minutes over low heat.
2. Remove sea cucumber and discard water. Slice each sea cucumber into 4 or 6 large pieces. Heat 2T. oil to stir fry sea cucumber. Add 2T. soy sauce and cook for about 1 minute. Remove and discard this sauce.
3. Heat 2T. oil to fry 3stalks green onion (cut into long sections) and 2 slices ginger, when fragrant, add sea cucumber. Splash 1T. wine and 4T. soy sauce, 1/2t. sugar and 1C. soup stock, cook for about 2 minutes. Thicken with cornstarch paste, and add sesame oil at last. Pour it into a platter. Serve hot.

Note To soak dried sea cucumber: soak the dried sea cucumber with water for 10~12 hours, boil for 20 minutes, turn off the heat, wait until the water become cool. Change water and boil once more, wait until the water cools again. Make a score on the bottom, clean the inside, soak in water for one or two days more. Do not make the water oily while you soak and boil the sea cucumber.

紅燒海參 Sea cucumber with Brown Sauce

Spicy Bean Curd, Ma-Po Style 麻婆豆腐

「麻婆豆腐」

材料

嫩豆腐（2 寸四方）4 塊
絞豬肉 80 公克
大蒜屑 1 茶匙
蔥屑 1 大匙

調味料

辣豆瓣醬 1 大匙，淡色醬油 2 大匙，鹽 1/4 茶匙，糖 1/4 茶匙，清湯 1 杯，太白粉水 1 大匙，麻油 1/2 茶匙，花椒粉 1 茶匙

做法

1. 將豆腐切除硬邊，再切小丁（約 1.5 公分四方），全部用滾水川燙一下，撈出後瀝乾。
2. 放 2 大匙油在炒鍋內，先爆炒豬肉，並加入蒜屑及辣豆瓣醬炒香，繼續放下醬油、鹽、糖等調味料，再將豆腐落鍋輕輕同拌，即可注入清湯，燜煮 3 分鐘左右。
3. 將太白粉水慢慢淋入鍋中，並輕輕拌鏟均勻，即將蔥屑撒下，再淋下麻油，裝入盤內，然後將花椒粉撒落豆腐上便成。

註 此菜必須做得麻辣、且又燙又鹹，才合原則，係一道經濟可口之家常小菜。

「Spicy Bean Curd, Ma-po Style」

Ingredients:

4 pieces tender bean curd (2"×2"), 80g. minced pork, 1t. chopped garlic, 1T. chopped green onion

Seasonings:

1T. hot bean paste, 2T. light colored soy sauce, 1/4t. salt, 1/4t. sugar, 1C. soup stock, 1T. cornstarch paste, 1/2t. sesame oil, 1t. brown peppercorn powder

Procedures:

1. Remove the hard edge from the bean curd, cut into 1.5cm cubes. Boil for 10 seconds. Drain.
2. Stir-fry minced pork with 3T. oil. Add garlic and hot bean paste in, stir-fry continually. Season with soy sauce, salt and sugar. Add bean curd and soup stock to the wok, cook for 3 minutes.
3. Thicken bean curd with cornstarch paste, sprinkle with green onion and sesame oil. Remove to a plate. Sprinkle brown peppercorn powder on top , serve hot.

Note This dish is a very famous Sichuan dish, it must be served while it is very spicy and hot.

「紹子烘蛋」

材料

雞蛋 8 個，絞豬肉 80 公克，
芹菜屑 2 大匙，蔥屑 2 大匙，
薑屑 2 茶匙，蒜屑 2 茶匙，
清湯 2/3 杯

調味料（1）

鹽 1 茶匙，太白粉 1 大匙，
水 1 大匙

調味料（2）

酒 1 大匙，醬油 1 大匙，
鹽 1/3 茶匙，糖 1 茶匙，
太白粉水 1/2 大匙，鎮江醋
1/2 大匙，麻油 1/2 茶匙

做法

1. 將雞蛋在大碗內打散後，加入調味料（1）用力打鬆，至十分發泡為止。
2. 在平底鍋中燒熱油之後，將打鬆之蛋汁倒下，轉動鍋子使蛋汁攤勻，用小火慢慢地煎熟，蓋上鍋蓋，然後再翻轉一面續煎（翻面後需由鍋邊淋下 2 大匙油），待內部蛋汁均已凝固並鬆發而熟透之後，即可盛出，放在乾淨的砧板上，用利刀切成 5 公分長方塊，然後排入餐盤內。
3. 另在炒鍋中燒熱 2 大匙油炒熟豬絞肉，加入蒜屑及薑屑，淋下酒與醬油，注入清湯並加鹽、糖調味，煮滾後勾芡，淋下醋和麻油，再撒下蔥屑及芹菜屑，全部澆到蛋上。

註 川菜中烘蛋的種類繁多，如白油烘蛋、魚香烘蛋、火腿烘蛋、蝦仁烘蛋……等，基本上烘
是相同的，只是澆頭的材料與調味的變化而已。

「Egg Omelet with Meat Sauce」

Ingredients:

8 eggs, 80g. minced pork,
2T. chopped celery,
2T chopped green onion,
2t. chopped ginger,
2t. chopped garlic,
2/3C. soup stock

Seasonings (1):

1t. salt, 1T. cornstarch,
1T. water

Seasonings (2):

1T. wine, 1T. soy sauce,
1/3 salt, 1t. sugar,
1/2T. cornstarch paste,
1/2T. brown vinegar,
1/2t. sesame oil

Procedures:

1. Beat the eggs well in a bowl, add seasonings (1). Beat until very smooth and puffy.
2. Heat 1/2 cup of oil in a frying pan, pour egg mixtune in and fry until golden brown on the bottom. Then turn it over, splash 2T. oil around the pan. When the eggs get firm and completely done, remove to chopping broad and cut into small pieces, place on a plate.
3. Heat 2T. oil to stir fry pork, add ginger and garlic, splash wine, soy sauce and soup stock, add salt and sugar. Thicken with cornstarch paste when it boils. Add vinegar, sesame oil, green onion and celery. Pour the meat sauce over egg and serve.

Note 1. There are many different kinds of egg omelet in Sichuan dish. The basic way to make egg omelet is the same, you just use different ingredients to make different sauce, pour it over egg omelet.

紹子烘蛋 *Egg Omelet with Meat Sauce*

Eggplant Sichuan Style 魚香茄子

「魚香茄子」

材料

- 茄子 3 支
- 薑屑 1 茶匙
- 蒜屑 1 茶匙
- 蔥屑 1 大匙

調味料

- 辣豆瓣醬 1 大匙
- 醬油 2 大匙
- 糖 1 茶匙
- 鹽 1/4 茶匙
- 清湯（或水）1/2 杯
- 鎮江醋 1/2 大匙
- 麻油 1/2 茶匙

做法

1. 選購鮮紫而較硬挺之茄子，去蒂後洗淨，切成 5 公分長，如拇指般粗細之條狀。
2. 在炒鍋內燒熱 4 大匙油後，將茄子落鍋煸炒，炒到茄子變軟無硬心後，用鏟子擻壓，將吸入之油擠出，再盛入盤內（或推到鍋邊）。
3. 用鍋內所剩之油爆炒蒜屑和薑屑，放入辣豆瓣醬同炒，再加入醬油、糖、鹽及清湯煮滾，隨後將茄子倒回鍋內，以大火拌炒並將湯汁燒乾。
4. 淋下醋及麻油，再將蔥屑也落鍋，鏟拌均勻即可起鍋裝盤。

註 如希望茄子顏色能保持鮮紫，則需用熱油炸 10 秒鐘後再撈出。

「Eggplant Sichuan Style」

Ingredients:

- 3 eggplants
- 1t. chopped ginger
- 1t. chopped garlic
- 1T. chopped green onion

Seasonings:

- 1T. hot bean paste
- 2T. soy sauce
- 1/2T. brown vinegar
- 1t. sugar
- 1/4t. salt
- 1/2C. soup stock or water
- 1/2T. sesame oil

Procedures:

1. Choose firm and fresh eggplant, remove the stalk and cut into thumb size pieces.
2. Heat 4T. oil to very hot to stir fry eggplant, stir fry until it's soft, (about 3 minutes). Press eggplant to squeeze out the excess oil. Remove eggplant from wok.
3. Add garlic and ginger to wok, stir fry until fragrant, add hot bean paste, stir for a few seconds, add soy sauce, sugar, salt, and soup stock, bring to a boil. Add eggplant in, cook for about 1 minute until sauce is absorbed.
4. Add vinegar and sesame oil, sprinkle chopped green onion in. Mix evenly and serve.

Note You may deep fry the eggplant to keep the purple color.

「糖醋白菜」

材料

高麗菜或大白菜 900 公克
乾辣椒 6 支
花椒粒 1/2 大匙

調味料

醬油 2 大匙
糖 2 大匙
鹽 1/2 茶匙
鎮江醋 2 大匙
麻油 1/2 大匙

做法

1. 將高麗菜沖洗乾淨，用手撕裂成 3×5 公分大小（菜梗部份較硬、需撕得小塊一點），瀝乾水份備用。
2. 乾辣椒拭抹乾淨、切成 2.5 公分長之段狀，內部之辣椒籽需抖出不用。
3. 在鍋內燒熱 3 大匙油，先落下乾辣椒段爆香，至呈黑色之後，再將花椒粒放入略炒，旋即將高麗菜下鍋，再繼續拌炒數下至菜已相當入味。
4. 最後淋醋以及麻油入鍋，略一拌合即可起鍋裝盤。

註｛白菜之脆硬程度可隨各人喜好，此菜很適合冷吃。

「Sweet and Sour Cabbage」

Ingredients:

900g. cabbage or Chinese cabbage
6 pieces dried hot red chili
1/2T. brown peppercorns

Seasonings:

2T. soy sauce
2T. sugar
1/2t. salt
2T. brown vinegar
1/2T. sesame oil

Procedures:

1. Trim the cabbage leaves into small pieces about 3×5 cm.
2. Wipe and cut the dry hot red chilies into 2.5 cm long, remove seeds.
3. Heat 3T. oil in fry pan, fry red chili until it gets dark brown, add peppercorns and cabbages, stir fry over high heat for about 2~3 minutes. When the cabbage becomes soft, add salt, sugar and soy sauce, stir for one more minute.
4. Add vinegar and sesame oil, stir until thoroughly mixed. Remove.

Note This dish tastes better when it is cold.

糖醋白菜 Sweet and Sour Cabbage

Sichuan Pickles 四川泡菜

「四川泡菜」

材料

- 花椒 2 大匙
- 鹽 2 大匙
- 開水 8 杯
- 高粱酒 2 大匙
- 薑 5 片
- 紅辣椒 5 支
- 白蘿蔔 400 公克
- 胡蘿蔔 200 公克
- 小黃瓜 2 條
- 高麗菜 300 公克

做法

1. 將一只寬口大瓶子或瓷缽、瓦罈（最好用特製之泡菜罈子）洗淨、擦乾水份，放進花椒與鹽，再將開水沖入，待水涼後加入酒、薑片、與用刀切過裂縫之紅辣椒（或斜切小段也可）調勻，即成為泡菜滷。
2. 將白蘿蔔、胡蘿蔔及小黃瓜皆連皮洗淨，擦乾水份，切成如小拇指般大小之條，全部放入泡菜滷中。
3. 高麗菜洗淨，用手撕成小片，裝在大托盤中，略為曬去水份，也放入泡菜滷中，蓋好蓋子，泡約三天，便可取食。
4. 第二次泡製時，只需再加 1 茶匙鹽與 2 大匙酒便可，但次數太多之後（約 5、6 次）便應重做一份相同之新滷，加入混合而用。

註 挾取泡菜所用之筷子、湯匙之類，務必要保持清潔，不可沾有油漬或水，以免滷汁發霉、變味。

「Sichuan Pickles」

Ingredients:

- 2T. brown peppercorn
- 2T. salt
- 8C. boiling water
- 2T. wine (Kao-liang liquor is better)
- 5 slices ginger
- 5 hot red chilies
- 400g. turnip
- 200g. carrot
- 2 small cucumbers
- 300g. cabbage

Procedures:

1. Clean and wipe dry a bottle or crock. Place peppercorn and salt in bottle, pour the boiling water in and let it cools. Add wine, ginger, and chilies (cut into small pieces or just make a cut on it). Mix well. This will be the brine for Sze-chuan pickle.
2. Cut the turnip, carrot, and cucumber into small pieces without peeling it, the size about a finger. Add to the brine.
3. Tear the cabbage leaves into small pieces, wipe dry or sun dried for a while, then add to the brine. Mix with the other vegetables, cover it tightly, soak for about 3 days.
4. The brine may be used for many times, just add 1t. salt and 2T. wine when you add new vegetables.

Note It is important that the forks or chopsticks you use to get the pickles, must be dry and clean, or it will turn bad easily.

「麻辣黃瓜」

材料

小黃瓜 450 公克
大蒜片 15 片
花椒粒 1 茶匙
鹽 1 茶匙

調味料

辣豆瓣醬 1 茶匙
辣椒油 1 大匙
糖 2 茶匙
鎮江醋 1 大匙
麻油 1 大匙

做法

1. 小黃瓜選購顏色鮮綠而形狀直勻者，用水洗淨、擦乾，稍微切除兩端後，直切兩刀成為 4 長條，再去除瓜籽，橫切成 5 公分長之小段（也可切成滾刀塊），切好後裝入盆內，撒下 1 茶匙鹽拌勻，醃漬 1～2 小時。
2. 用冷開水將小黃瓜沖洗一下，撈出並擠乾水份，再放入大碗裡。
3. 將大蒜片、花椒粒及所有調味料全部放進大碗中拌勻，再醃上 2～3 小時左右，便可取食。（約可保存 3～4 天之久）

註｛此係四川小菜之一種，和泡菜、炸花生米、拌干絲等均為十分普遍而有名的菜。

「Sichuan Cucumber Relish」

Ingredients:

450g. cucumbers
15 slices garlic
1t. brown peppercorn
1t. salt

Seasonings:

1t. hot bean paste
1T. red chili oil
2t. sugar
1T. brown vinegar
1T. sesame oil

Procedures:

1. Cut off and discard both tips of cucumber, then cut into diagonal or triangle shapes (or cut it into lengthwise 5 cm long). Mix with 1t. salt, soak for 1～2 hours.
2. Rinse the cucumber with drinking water and squeeze out the salty water. Put it back to the bowl.
3. Add garlic slices, brown peppercorns, and all the seasonings. Mix and soak about 2 ～3 hours.

Note The dish may be kept for 3～4 days in refrigerator.

麻辣黃瓜 Sichuan Cucumber Relish

Dry Cooked String Beans 乾煸四季豆

「乾煸四季豆」

材料

四季豆 600 公克
絞肉 120 公克
蝦米 2 大匙
榨菜 30 公克
薑屑 1 茶匙
蔥屑 2 大匙

調味料

醬油 1 大匙
鹽 1/4 大匙
糖 1 茶匙
清湯或水 3 大匙
鎮江醋 1/2 大匙
麻油 1/4 茶匙

做法

1. 選購較短扁而脆綠之嫩四季豆，摘去兩端及兩旁之硬筋，洗淨、瀝乾。
2. 蝦米用溫水泡軟，摘去頭、腳等，再切碎，榨菜需沖洗一下再切碎。
3. 在炒鍋內將 3 杯炸油燒至十分熱，放入四季豆，用大火炸至軟，且產生皺紋（約炸 3～4 分鐘）即可撈出、瀝乾，然後再將四季豆放回鍋內煎至微焦黃。
4. 炒鍋內放下 2 大匙油，先爆香薑末，再放下絞肉、蝦米和榨菜拌炒，加入醬油、鹽、糖及清湯（或水），並將四季豆加入同炒，至湯汁全部收乾為止。
5. 淋下醋及麻油，撒下蔥屑再略加拌勻，即可裝盤。

註｛此菜宜冷吃，也可保存較多時日而不變味。

「Dry Cooked String Beans」

Ingredients:

600g. sting beans
120g. minced pork (or beef)
2T. dry shrimp
30g preserved mustard
1t. chopped ginger
1T. chopped green onion

Seasonings:

1T. soy sauce
1/4t. salt
1t. sugar
3T. soap stock (or water)
1/2T. brown vinegar
1/4t. sesame oil

Procedures:

1. Choose tender string beans, trim it and keep it in long shape (about 7~8 Cm).
2. Soak dry shrimp in warm water until soft, remove head and feet, chop into small pieces. Cut preserved mustard into small pieces.
3. Heat 3C. oil to very hot, deep fry string bean until it wrinkled (about 3 minutes, you may deep fry it separately). Remove beans and drain off oil. Put string bean back to the pan. Fry until string beans get a little brown, remove.
4. Heat another 2T. oil in pan, fry the chopped ginger, pork, dry shrimp and preserve mustard, add soy sauce, salt, sugar, and soup stock (or water), return the string beans to pan, stir well over high heat until the sauce is absorbed.
5. Sprinkle vinegar, sesame oil and chopped green onion in, mix well and turn off the heat.

Note This dish can be kept for a few days and taste better when it gets cold.

北部菜
Northern

新
山西
河北
山東
河南
陝西
甘
四川
湖北
湖南
江西
浙江
福建
台灣
雲南
貴州
廣西
廣東
吉林
松江
合江
嫩江

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「燻雞」

材料

雞半隻，麻油 1 大匙

調味料

花椒粒 2 大匙，鹽 1 大匙

滷雞料

蔥 1 支，薑 3 片，八角 2顆，桂皮 1 小塊，醬油 2/3杯

燻料

黃糖 1/2 杯，麵粉 1/2 杯，紅茶茶葉 1/2 杯

註

1. 滷過雞的湯汁可以保存至下次再用。
2. 燻雞宜冷吃，也可保數日不壞。

做法

1. 將雞洗淨、拭乾水分後，用已在乾鍋中炒黃之花椒與鹽抹擦雞身裡外，醃約 3～4 小時左右。清除花椒粒後用滷汁滷熟，如無滷汁可採用下面方法。
2. 在鍋內放 8 杯清水，加入滷雞料煮 10 分鐘，然後將已醃過之雞放下，用小火煮熟（約 10 分鐘，中間需翻面一次）。取出雞，稍待冷卻，以使表皮乾爽。
3. 一只舊鍋內鋪上一張鋁箔紙，紙上放上燻料，再在上面放一枚鐵絲網（在網上抹少許油），將雞平擺在網上，用小火燻約 10 分鐘，揭開鍋蓋，翻轉一面雞身，再續燻約 5~6 分鐘，將火熄去，再燜 5 分鐘，見雞身呈紅褐色時即取出。
4. 刷上少許麻油、潤亮雞皮，待涼後，再斬切成小塊，排列在盤中上桌。

「Smoked Chicken, Northern Style」

Note

1. The soup from No.2 may be stored in refrigerator, it may be used again in other dishes.
2. This dish may be prepared 1 or 2 days earlier and served it in cold.

Ingredients:

1/2 chicken, 1T. sesame oil

Seasonings (1):

2T. brown peppercorn, 1T. salt

Seasonings (2):

1 stalk green onion, 3 slices ginger, 2 star anise, 1 piece cinnamon stick (1/2" long), 2/3C. soy sauce

Seasonings (3):

1/2C. sugar, 1/2C. flour, 1/2C. black tea leaves

Procedures:

1. Clean and wipe dry the chicken. Stir fry seasoning (1) in a clean pan until fragrant. Rub chicken with this salt, marinate for about 3～4 hours. Remove peppercorn, cook with flavored brown sauce. If you don't have brown sauce, just cook as follow.
2. Boil 8C. water in a large pot. Add seasonings (2), cook for 10 minutes. Add chicken, continue to cook for 10 minutes over low heat (turn it over once). Remove and let it cools.
3. Place seasonings (3) in a heavy iron pan. Add a rack over it and place the chicken on the rack. Cover, smoke this for about 10 minutes over low heat. Turn the chicken over and smoke for another 5～6 minutes until the chicken turns brown, turn off the heat and let it stay for 5 minutes more.
4. Remove the chicken and brush with sesame oil on it, cut into pieces after it cools, arrange on plate.

燻雞 Smoked Chicken, Northern Style

Stir Fried Chicken Shreds with Jellyfish 炒海蜇雞絲

「炒海蜇雞絲」

材料

雞胸肉 1 片（約 150 公克），海蜇皮 150 公克，
蔥 3支，香菜 1 支

調味料

（1）鹽 1/4 茶匙，水 1 大匙，太白粉 1/2 大匙，
蛋白 1 大匙

（2）酒 1 茶匙，鹽 1/4 茶匙，水 2 大匙，太白粉
水少許，麻油少許

註

1. 雞肉剔去骨及皮、筋後，可先鋪平在盤上，放入冰箱冷凍室中，冰約 20 分鐘，再來切絲，比較容易切得細美。
2. 在拌醃時要用手指輕拌，以免將雞絲弄斷。

做法

1. 雞胸去皮，先片切成大薄片，再順絲切成約 5 公長細絲。將調味料（1）調好，放下雞絲輕輕抓拌均勻，醃約 30 分鐘以上。
2. 海蜇皮捲緊成筒狀，切成細絲。放入大碗內用冷水沖洗數次，並泡上 3 小時。放入 8 分熱的開水內快速燙約 3～5 秒鐘，立刻撈出，再放回大碗中泡水，泡至海蜇再漲開，約 1～2 小時（要時常換水才會漲胖）。
3. 蔥先横面片切開，打斜切成細絲。
4. 1 杯油加熱至六分熱，放下雞肉，馬上用筷子撥散，在油中泡至雞肉變白，即可撈出、瀝淨油。
5. 另熱 1 大匙油，以大火來炒蔥絲，隨即放入雞絲，並烹上酒增香，再加入海蜇絲，撒下鹽，由鍋邊淋下水炒勻，再以太白粉水勾上薄芡，撒下麻油和香菜段再一拌合即可裝盤。

「Stir Fried Chicken Shreds with Jellyfish」

Note

1. After removing the bones and skin, put the chicken into the freezer for about 20 minutes. It will be easier to shred the chicken.
2. Use fingers to gently mix the chicken, so the chicken shreds will not be broken break.

Ingredients:

150g. chicken breast, 150g. jellyfish,
3 stalks green onion, 1 stalk parsley

Seasonings:

（1） 1/4t. salt, 1T. water, 1/2T. cornstarch,
1T. egg white

（2） 1t. wine, 1/4t. salt, 2T. water, a little
of cornstarch paste and sesame oil

Procedures:

1. Remove all the bones and skin from chicken breast. Shred it finely into 5cm long. Gently mix with seasonings (1), marinate for at least 30 minutes.
2. Roll the jellyfish, shred it into thin strings. Soak in cold water for 3 hours. Place in a strainer and blanch it into 80℃ hot water for 3～5 seconds. Soak in cold water for about 1～2 hours (change the water often).
3. Heat 1C. oil to 120℃, add chicken and stir it separately with a pair of chopsticks, when the color turns lighter, drain.
4. Heat 1T. oil to stir fry green onion, add chicken in, splash wine, add jellyfish, salt and water, stir fry over high heat, thicken with a little cornstarch paste, add sesame oil and parsley at last. Mix well and transfer to a serving plate.

「雞絲拉皮」

材料

雞胸肉 1 片，粉皮 2 張，萵苣筍 1 支，
熟火腿絲 2 大匙

調味料（1）

芝麻醬 2 大匙，醬油 2 大匙，鎮江醋 1 1/2 大匙，
水 1 大匙，麻油 1 大匙

調味料（2）

芥末粉 1 大匙，溫水 1 大匙

註

1. 如用乾粉皮則需用冷水先泡軟，切寬條後再以熱水燙煮 1～2 分鐘，撈出沖涼，拌上麻油食用，也可以改用洋菜或寬粉條來代替。
2. 雞肉也可改用豬肉絲，其他材料也不限制。

做法

1. 雞胸肉洗淨，放入滾水中煮熟，取出放涼，切成細絲。
2. 粉皮切成寬條，用冷開水沖洗一下，拌上少許麻油，放入盤中。
3. 萵苣筍切薄片，拌上少許鹽，醃 5～10分 鐘，擠乾水分，放在盤中，上面放粉皮、雞絲，最上面再撒上火腿絲。
4. 在一只小碗內將芝麻醬用醬油慢慢調溶，再加入其他調味料拌勻。
5. 芥末醬係用 1 大匙乾芥末粉加入少許溫水調成膏狀，放置片刻至有辣味透出（或使用膏狀的山葵醬），再與芝麻醬混合調勻。
6. 上桌後即淋下調味料，仔細拌合即可供食。

「Chicken Salad」

Note

1. You may use dried mung bean sheet, soak with cold water until soft, cut into strips, boil with water for 1～2 minutes, rinse and mix with some sesame oil. Also agar agar or bean noodle can be used.
2. Other kinds of meat and vegetable may be used too.

Ingredients:

1 chicken breast, 2 pieces mung bean sheet,
1 stalk green bamboo shoot, 2T. ham shreds

Seasonings (1):

2T. sesame seed paste, 2T. soy sauce,
1 1/2T. vinegar, 1T. water, 1T. sesame oil

Seasonings (2):

1T. mustard powder, 1T. warm water

Procedures:

1. Rinse chicken, boil until done, remove and let it cools. Shred it into fine shreds.
2. Cut mung bean sheet into strips, rinse and mix with a little sesame oil.
3. Trim green bamboo shoot, slice it and mix with a little salt, marinate for about 5～10 minutes, rinse and squeeze dry.
4. Mix the sesame seed paste with soy sauce, then add other seasonings (1), mix it well.
5. Mix dry mustard powder with 1T. water and cover it in a warm place for a minute, then add it to the sauce, mix it thoroughly to make the seasoning sauce.
6. Pour seasoning sauce over salad. Mix all ingredients thoroughly before eating.

雞絲拉皮 *Chicken Salad*

Deep Fried Spiced Chicken 炸八塊

「炸八塊」

材料

小嫩雞 1 隻，麻油 1/2 茶匙，花椒鹽 2 茶匙

調味料

蔥 1 支，薑 3 片，八角 1 顆，醬油 4 大匙，
酒 1 大匙，蛋白 1 大匙，太白粉 1 大匙

做法

1. 將雞洗淨、擦乾水份，先由頸旁沿脊背剖開成兩大塊後，再將每大塊分成 4 塊，共可得 8 塊雞塊。肉厚部份可用尖刀刺插數下，全部置放在大碗中，加入蔥（拍碎）、薑、八角（切小）和其他醃雞料拌勻，約半小時左右。
2. 在鍋內燒熱 5～6 杯油之後，投下拌醃過之雞塊，用小火炸約 3 分鐘後，見雞肉將熟時撈出，再把油燒熱。
3. 再分次放入雞塊，大火續炸 1 分鐘，即行全部瀝出，裝盤後淋下麻油、並搖動雞塊，使其沾染麻油香味，再附上花椒鹽，即可上桌。

「Deep Fried Spiced Chicken」

Ingredients:

1 small chicken, 1/2t. sesame oil,
2t. brown peppercorn salt

Seasonings:

1 stalk green onion, 3 slices ginger,
1 star anise, 4T. soy sauce, 1T. wine,
1T. egg white, 1T. cornstarch

Procedures:

1. Clean the chicken and cut it to half, then cut each half to 4 pieces. Place in a bowl and marinate with all marinade for 1/2 hour.
2. Heat the oil to very hot and deep fry the chicken for about 3 minutes over low heat . Remove and reheat oil to very hot, deep fry the chicken once more for about 1 minute until the chicken becomes brown.
3. Place chicken on a plate and splash sesame oil over the chicken, serve immediately with peppercorn salt.

「紅燒栗子雞」

材料

光雞 1/2 隻（約 900 公克），新鮮栗子 300 公克，香菜少許

調味料（1）

蔥 3 片，薑 2 片，醬油 4 大匙

調味料（2）

酒 1 大匙，糖 1 1/2 匙，太白粉水 2 茶匙

註

如無新鮮栗子的季節，可用乾栗子，需用溫水浸泡半天使乾栗子漲開再用，栗子容易碎，所以先蒸軟再和雞燒 1 分鐘即可。

做法

1. 新鮮栗子剝除外殼，放在熱水中泡 5～10 分鐘剝去澀衣，加水（蓋過栗子）蒸 30 分鐘至軟。
2. 將雞斬剁成長方塊，放在大碗中，加入調味料（1）拌醃 10 分鐘，再投入已燒熱之油中炸黃（可分為兩次炸，以免一次太多，火力不夠而炸不上色），全部撈起，將鍋中之油倒出後，再把雞塊重放回鍋中。
3. 將泡雞塊之醬油傾入鍋內，並加酒、糖與 3 杯清水，先用大火煮滾，再改小火燜燒，繼續燒煮約 1 小時，至湯之收乾僅剩半杯時，加入栗子一起燒約 1 分 鐘 。
4. 淋下太白粉水勾芡，使湯之略濃稠，裝盤飾以香菜便可上桌。

「Stewed Chicken with Chestnuts」

Note

If you use the dried chestnuts, soak it in warm water for about 8～10 hours until it be becomes softer. Chestnuts are easy to broken, so steam it separately.

Ingredients:

1/2 chicken(about 900g), 300g fresh chestnuts, parsley leaves

Seasonings (1):

3 stalks green onion, 2 slices ginger, 4T. soy sauce

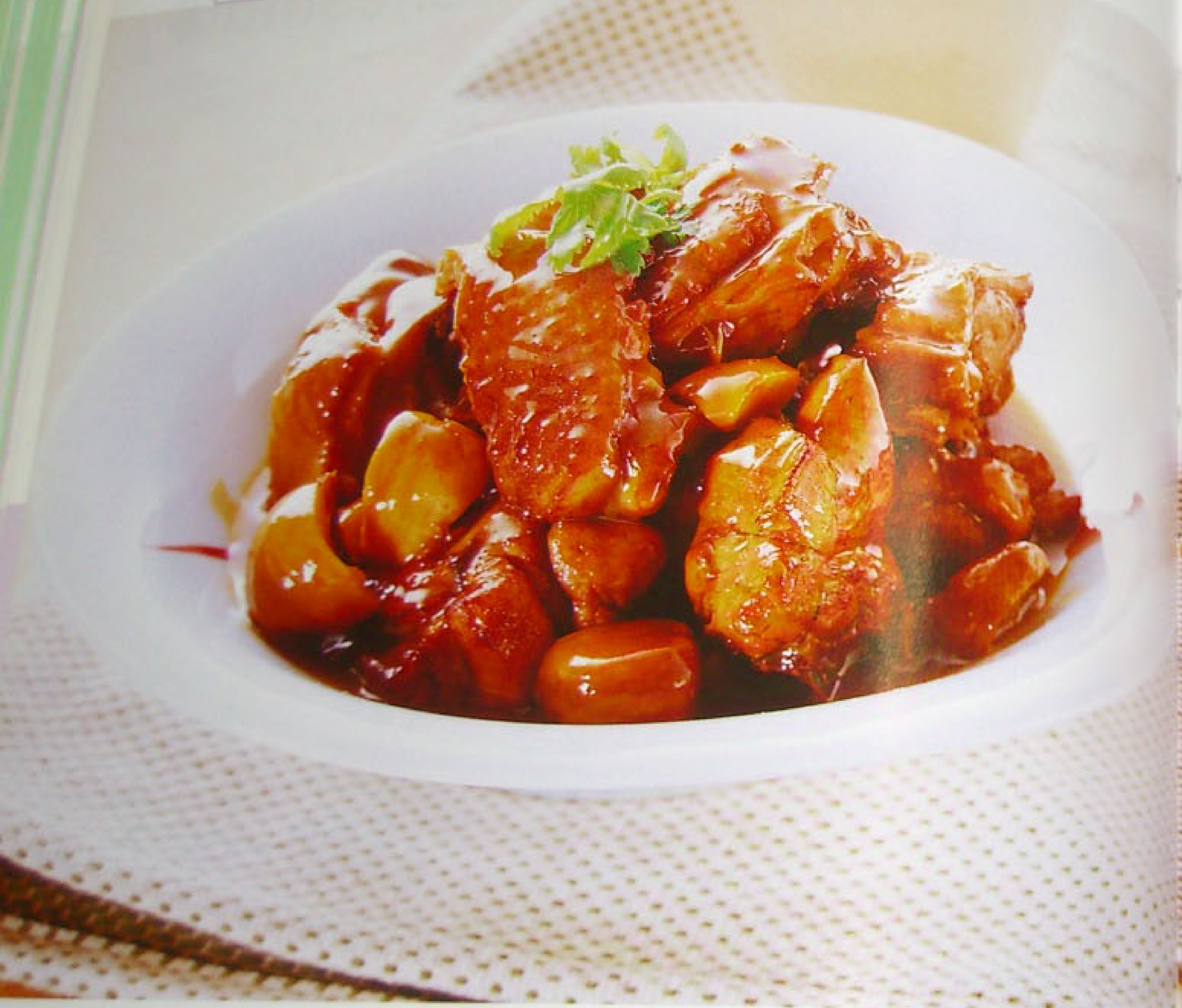
Seasonings (2):

1T. wine, 1 1/2T. sugar, 2t. cornstarch paste

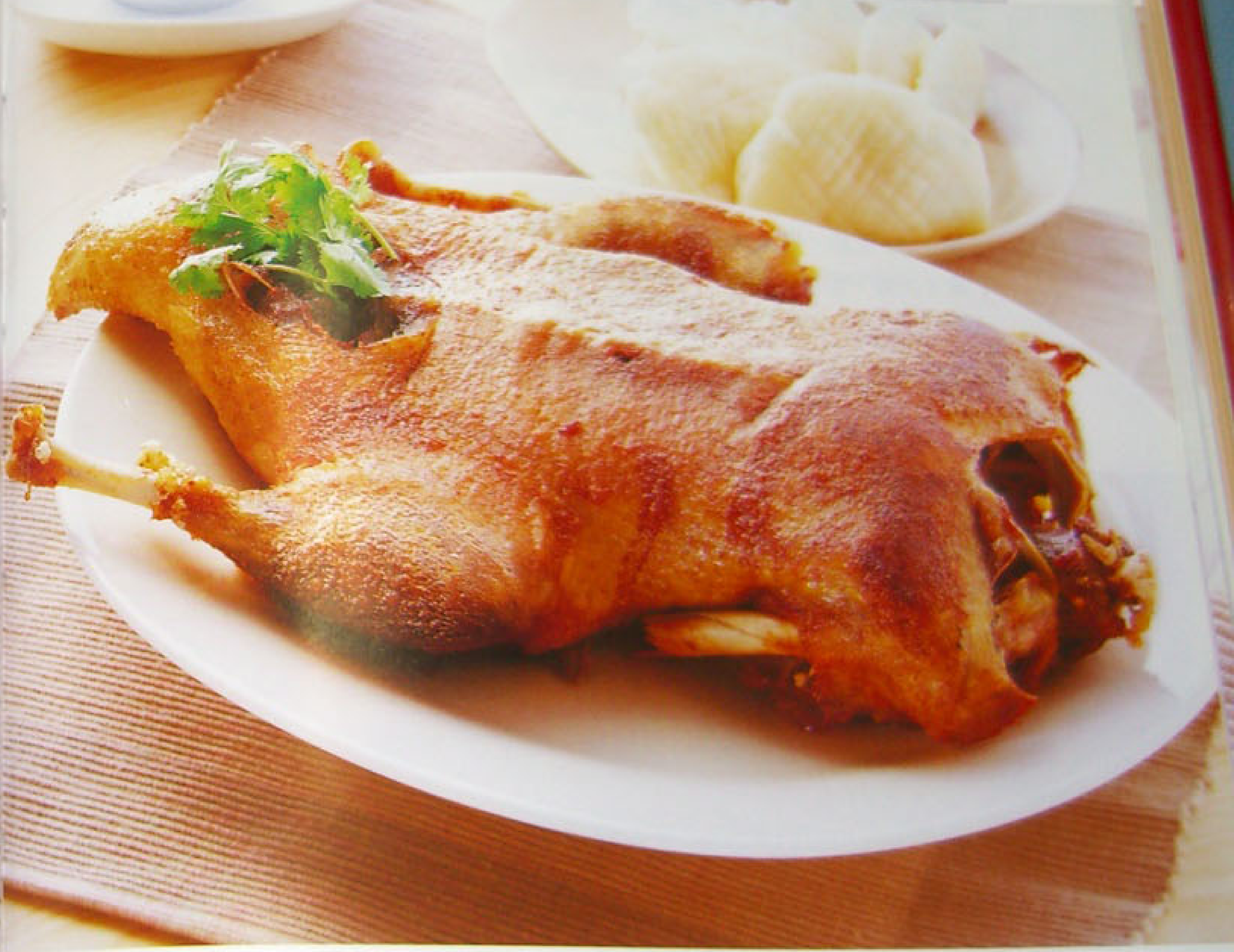
Procedures:

1. Peel fresh chestnuts, soak in hot water for 5～10 minutes, remove the red skin, steam with water for about 30 minutes.
2. Cut the chicken to pieces, place in a bowl, mix with seasonings (1) for about 10 minutes. Deep fry the chicken with heated oil until brown. You may deep fry them separately. Drain off oil, return all the chicken to a pot.
3. Add the remaining soy sauce, wine, sugar and 3C. water, bring to a boil over high heat, turn to low heat, stew for about 1 hour. There should still have 1/2C. sauce left, add chestnuts in, stew for 1 minute.
4. Thicken with cornstarch paste if the sauce is too much. Remove to plate, decorate with parsley leaves and serve.

紅燒栗子雞 Stewed Chicken with Chestnuts



Crispy Duck Home Style 香酥鴨



PEI MEI'S

「香酥鴨」

材料

光鴨 1 隻，花椒粒 2 大匙，麵粉 1/2 杯

調味料

鹽 1 1/2 大匙，蔥 2 支，薑片 3 片，
酒 1 大匙，醬油 3 大匙，花椒鹽 2 茶匙

註

1. 如製做些活頁小饅頭同時上桌，以便夾食鴨肉則更為理想，也可用單餅或吐司麵包代替小饅頭來夾食。
2. 活頁小饅頭（荷葉夾）做法在第 325 頁。

做法

1. 將花椒粒放在一只乾鍋中，用小火炒約 1 分鐘，見花椒轉成深黃而透出香氣時，加入鹽再同炒 1 分鐘，盛入盆內加蔥段、薑片與酒拌合。
2. 鴨洗淨，擦乾水份，用花椒鹽在鴨身內外擦抹，醃約 5～6 小時以上（一天以內）。
3. 將花椒粒放入鴨腹中，上鍋蒸至鴨肉爛透（約 3 小時左右）。
4. 端出鴨子，待稍晾乾水分後，在鴨皮上塗抹醬油，並拍上一層麵粉，旋即投入已燒熱之油中，以大火炸成金黃色。
5. 鴨放在大盤中間，附上活頁小饅頭和花椒鹽一起送席。

「Crispy Duck, Home Style」

Note

1. Sliced bread or spring roll wrapper may be substituted the bun.
2. See the recipe of steamed flower-shaped bun on page 326.

Ingredients:

1 duck
2T. brown peppercorn
1/2C. flour

Seasonings:

1 1/2T. salt, 2 stalks green onion,
2 slices ginger, 1T. wine,
3T. soy sauce,
2t. brown peppercorn salt

Procedures:

1. Stir fry the brown peppercorn over low heat in a clean and dried frying pan for 1 minute, when it is brown and fragrant, add salt, stir fry for another minute. Place in a bowl, mix with green onion, ginger and wine.
2. Clean and wipe the duck. Rub it all over with peppercorn salt. Marinate for 5 ~6 hours or overnight.
3. Put all the marinade into duck, steam for about 3 hours until it is very tender.
4. Remove the duck from steamer, let it cools for a few minutes, brush soy sauce all over the duck, powder with flour, deep fry in hot oil over high heat for about 3 minutes until brown and crispy.
5. Place the fried duck on a plate, serve with the steamed flower-shaped buns and brown peppercorn salt.

「北平烤鴨」

材料

活填鴨 1 隻，蔥白 15 支（約 5 公分長），單餅 20 張

調味料（1）

麥芽糖 3 大匙，酒 2 大匙，醋 1 大匙，溫水 1 杯

調味料（2）

甜麵醬 3 大匙，麻油 1 大匙，糖 2 大匙，水 1/4 杯

註……………

烤鴨是京菜中最著名的一種，中外聞名，因其皮脆而肉嫩，味香又不油膩，唯烤製過程非常不易，不但需運用特殊人工填飼之肥鴨，並需使用掛爐，而且批切方法亦具獨特之技術，此係中國菜之代表。（單餅做法在第 319 頁）

做法

1. 將活填鴨（經由人工強制飼餵成長之肥鴨）割殺後，排出鴨血，燙毛、褪毛，打理乾淨（不可剖開腹部、挖除內臟）。
2. 將一支竹筒（或機器打氣機）插入割殺之刀口處（鴨皮與肉中間）打入空氣，使鴨全身能鼓起漲滿為止。
3. 在鴨翅下割開一小洞，挖出鴨之內臟，並由該洞插進一支竹片、撐住鴨胸與背脊部，灌入清水沖洗鴨腹內部，並沖淨鴨身外皮，再擦乾水份。
4. 在一只小盆內將調味料（1）調勻，向鴨身各處澆淋多遍，再用兩小片竹支撐起兩支鴨翅膀，用一鐵鉤掛住鴨頸，懸吊在通風處，吹至鴨皮十分乾爽為止（約 6 小時以上）。
5. 在烤爐內（特製之爐，稱為掛烤爐）燃燒木碳火，待爐已相當熱時，把鴨子移進爐內，吊掛在爐中之鐵桿上，先用大火烘烤 20 分鐘，再改用小火烤 20 分鐘，至完全烤熟，唯需時時加以轉動，使鴨身烤後顏色均勻。
6. 當鴨皮已酥脆，鴨肉也熟透時，由爐中取出，趁熱用利刀先將鴨皮一塊一塊批切下來，排列在大盤中，再切鴨肉部份，附上煮過的調味料（2）、單餅、及大蔥段一起上桌包食。

「Beijing Roast Duck」

Note

Beijing Roast Duck is a very famous Chinese dish. The tender, crispy, and delicious flavor is irresistible. The tender texturn is due to the special feeding process. Roasting in a charcoal rotisserie gives better result, and the slicing requires special skill. The recipe of pancake (Dan-Bing) is on Page 320.

Ingredients:

1 duck (specially feed, about 3 kg.), 20 green onion or scallions (5 cm long), 20 thin flour pancakes

Syrup mixture:

3T. honey (or molasses), 2T. wine, 1T. vinegar, 1C. warm water

Seasonings:

3T. sweet soy bean paste, 1T. sesame oil, 2T. sugar, 1/4C. water

Procedures:

1. Clean the fresh, specially feed, fat duck completely.
2. Pump air in between of the skin and meat of the duck from a small hold until the whole duck becomes puffed up to limit.
3. Cut a slit under a wing and remove all the internal organs. Use a stick to brace the back and the breast. Rinse the inside until the water runs clear. Pat dry.
4. Baste the duck thoroughly with the warn syrup mixture. Use two small sticks to brace the wing away from the body. Tie a string around the neck and hang the duck in a drafty place. Let wind dry for about 6 hours.
5. A charcoal type oven may be used. Hang duck for even roasting. Roast at high heat for about 20 minutes and then at low heat for another 20 minutes. Turn it frequently to make the skin side golden brown and crispy.
6. Slice all the duck skin into thin pieces, then slice meat part. Serve with stir fried seasonings, pancakes or tortillas, and green onion strips. Put some bean paste sauce and green onion on pancake, then add one or two pieces of duck meat on the center. Roll it up and eat.

北平烤鴨 Beijing Roast Duck

Meat Balls with Sweet & Sour Sauce 醋溜丸子

「醋溜丸子」

材料

絞豬肉 450 公克，蔥絲 3 大匙，大白菜 400 公克

拌肉料

蔥屑 1/2 大匙，薑汁 1 大匙，醬油 1 大匙，
酒 1/2 大匙，鹽 1/4 茶匙，太白粉 1 大匙，蛋 1 個

綜合調味料

糖 4 大匙，鎮江醋 4 大匙，清水 2/3 杯，
醬油 1 大匙，鹽 1/4 茶匙，太白粉 2 茶匙，
麻油 1/2 茶匙

做法

1. 將絞豬肉放在砧板上，加入 2 大匙冷水再剁一下，裝入大碗中，放入拌肉料，仔細攪拌至肉產生黏性為止。
2. 將 4 杯炸油燒至八、九分熱，將肉餡做成丸子，投入油中，以小火炸熟（約 2 分鐘）。
3. 用漏勺將肉丸全部撈出，炸油重新燒熱，放入肉丸再炸一次（約半分鐘）撈出瀝淨油。
4. 大白菜切小段，炒熟，加少許鹽調味，盛在盤中。
5. 僅用 1 大匙油先炒香蔥絲，隨後將預先調在小碗中之綜合調味料倒下，用大火煮滾，見汁已變得黏稠時，將肉丸落鍋拌合，趁熱裝在白菜上。

「Meat Balls with Sour Sauce」

Ingredients:

450g. minced pork, 3T. shredded green onion, 400g. Chinese cabbage

Seasonings (1):

1/2T. chopped green onion, 1t. ginger juice, 1T. soy sauce, 1/2T. wine, 1/4t. salt, 1T. cornstarch, 1 egg

Seasonings (2):

4T. sugar, 4T. vinegar, 2/3C. water, 1T. soy sauce, 1/4t. salt, 2t. cornstarch, 1/2t. sesame oil

Procedures:

1. Chop the minced pork again with 2T. cold water for about 1 minute, place in a bowl, mix well with seasonings (1).
2. Heat 4C. oil to 170℃, deep fry meat balls over low heat until done (about 2 minutes).
3. Remove meat balls, reheat oil and deep fry meat balls again for about 1/2 minute.
4. Trim Chinese cabbage, cut into pieces, stir fry until soft, season with salt, remove and place on plate.
5. Stir fry the shredded green onion with 1T. oil, add seasonings (2), bring to a boil, put the meat balls back to sauce, mix quickly and place on top of cabbage.

「南炒豬肝」

材料

豬肝 250 公克，乾木耳 2 大匙，胡蘿蔔 1/2 小支，
黃瓜 1 條，蔥段（1 寸長）10 支，薑 6 小片

醃豬肝料

醬油 1/2 大匙，酒 1/2 大匙，太白粉 1 大匙，
糖 1/2 茶匙，胡椒粉 1/4 茶匙，鹽 1/4 茶匙

調味料

鹽 1/4 茶匙，清湯或水 3 大匙，麻油少許

做法

1. 新鮮豬肝只要略洗一下，用利刀切成薄片，拌上醃豬肝料醃 2～3 分鐘，全部投入開水中川燙 5 秒鐘，撈出、瀝乾水份。
2. 乾木耳用溫水泡軟，摘去蒂後洗淨；胡蘿蔔煮熟後切成片狀；黃瓜切滾刀小塊。
3. 燒熱 2 大匙油，先爆炒蔥段及薑片，放入黃瓜、胡蘿蔔和木耳炒一下，加入鹽和清湯，炒勻並煮約 1 分鐘至熱透。將豬肝落鍋，再淋下1大匙水，以大火速炒，約 10 秒鐘，滴下麻油便可起鍋。

「Stir Fried Pork Liver」

Ingredients:

250g. pork liver, 2T. dried fungus, 1/2 carrot,
1 cucumber, 10 pieces green onion (1" long),
6 slices ginger

Seasonings (1):

1/2T. soy sauce, 1/2T. wine, 1T. cornstarch,
1/2t. sugar, 1/4t. black pepper, 1/4t. salt

Seasonings (2):

1/4t. salt, 3T. soup stock or water,
a little of sesame oil

Procedures:

1. Slice pork liver into pieces about 0.3 cm thick. Mix with seasonings (1) for only 2～3 minutes. Blanch in boiling water for 5 seconds. Remove and drain dry.
2. Soak the dry fungus with warm water and trim it. Slice the cooked carrot. Cut cucumber into cubes.
3. Heat 2T. oil to stir fry green onion and ginger until fragrant, add cucumber, carrot and fungus, stir evenly. Add salt and soup stock, cook for 1 minute. Add pork liver and 1T. water, stir fry only for 10 seconds, add a little of sesame oil, remove to plate.

南炒豬肝 *Stir Fried Pork Liver*

Sauteed Pork Kidney 火爆腰花

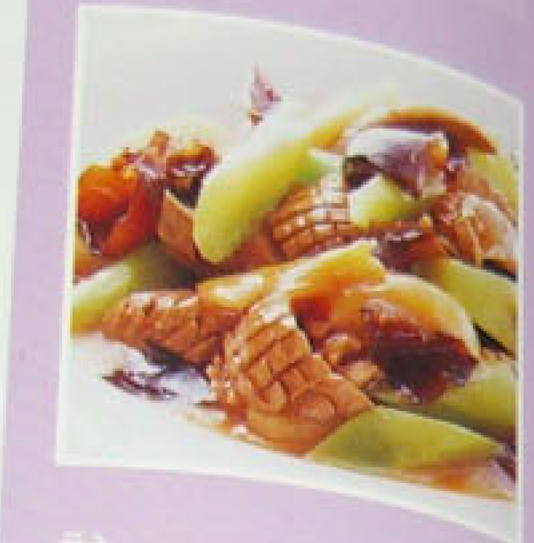
「火爆腰花」

材料

豬腰 1 付，萵苣筍 1 支，荸薺 5 粒，乾木耳 2 大匙，蔥屑 1 大匙，薑屑 1 茶匙

綜合調味料

醬油 1 大匙，酒 1 大匙，糖 1/2 茶匙，鹽 1/4 茶匙，太白粉 1 茶匙，麻油 1/4 茶匙，胡椒粉 1/6 茶匙，水 2 大匙



註

此菜中之腰花也可以改用 3 杯熱油過油炸一下後再炒，香氣更足。

做法

1. 將豬腰由橫面切開，剔除內部白筋，洗淨、瀝乾，在表面（即光滑面）切入交叉花刀，再分切成 6~8 小塊，裝入大碗內，並加冷水浸泡，要多換幾次水，直到水不再混濁，瀝出。
2. 萵苣筍削皮、切成滾刀小塊；乾木耳先泡軟、去蒂、洗淨、撕成小片；荸薺一切為二；綜合調味料在碗內調妥。
3. 在炒鍋內將 5 杯水燒滾，放入 3 種蔬菜料燙約1分鐘，撈出、瀝乾水分。
4. 水再煮滾，加入酒 1 大匙，倒下腰花，以小火燙約 10 秒鐘，隨即撈起。
5. 鍋中熱油 2 大匙，先落蔥屑與薑屑爆香，再加進蔬菜料同炒，續將腰花落鍋，並淋下綜合調味料，大火速加炒拌均勻，裝盤上桌。

「Sauteéd Pork Kidney」

Note

You may deep fry the kidney with hot oil instead of blanch with water.

Ingredients:

2 pieces pork kidney, 1 stalk green bamboo shoot, 5 water chestnuts, 2T. dried fungus, 1T. chopped green onion, 1t. chopped ginger

Seasonings:

1T. soy sauce, 1T. wine, 1/2t. sugar, 1/4t. salt, 1t. cornstarch, 1/4t. sesame oil, 1/6t. black pepper, 2T. water

Procedures:

1. Split the pork kidney horizontally, and remove the white membrane. Score the surface lengthwise and crosswise, about 0.2 cm deep. Then cut into 6 or 8 pieces, place in a bowl, soak with cold water, change the water several times until the water in clear.
2. Cut the green bamboo shoot into pieces. Soak dried fungus in warm water and trim it. Cut each water chestnut into two. Mix seasonings in a bowl.
3. Bring 5 cups of water to a boil, blanch the 3 kinds of vegetables for 1 minute, drain.
4. Boil the water again, add 1T. wine, blanch kidney for about 10 seconds, remove kidney.
5. Heat 2T. oil to stir fry green onion and ginger, add vegetables, stir fry until heated. Add kidney and seasonings, mix evenly and serve.

「涮羊肉」

材料（約 4 人份）

火鍋羊肉片 600 公克，酸白菜或白菜 400 公克，菠菜 400 公克，茼蒿菜 300 公克，粉絲 2 包，凍豆腐 2 方塊，清湯 8 杯

調味料（一人份之大約量）

蔥花 1 大匙，香菜末 1 茶匙，芝麻醬 1/2 大匙，醬油 1/2 大匙，蝦油 1/2 大匙，麻油 1 茶匙，辣油 1/2 茶匙，糖 1/2 茶匙，紅豆腐乳（連汁）1/2 大匙，韭菜花少許

註

1. 沾料的種類和用量均可隨意調配。
2. 可以用牛肉、豬肉或雞肉代替羊肉。

做法

1. 羊肉先排在盤中；酸白菜切成細絲；如用白菜應切成段；菠菜切長段；茼蒿菜可除去老葉，洗淨裝盤中；粉絲泡軟；凍豆腐切成拇指般大小塊，分別裝盤上桌。
2. 將各種調味料分別用碗裝好，全部放在桌上，由食者分別自行取配若干，調合於小湯碗內。
3. 在火鍋內盛裝滾滾的清湯或開水（應先放進蝦米少許），由食者自行夾取羊肉片放在其中燙熟，然後沾小碗中之調味料進食。其他蔬菜、粉絲、凍豆腐等可稍後加入，需經較長時間滾煮至熟或軟，始可取食之。

PEI MEI'S

「Mutton in Chafing Pot」

Note

1. The quantity of dipping sauce is optional.
2. You may use beef, pork or chicken instead of mutton.

Ingredients: (about 4 servings)

600g. mutton slices, 400g. sour cabbage (or Chinese cabbage), 400g. spinach, 2 bundles mung bean noodle, 2 pieces frozen bean curd, 8C. soup stocks

Seasonings: (per person)

1T. chopped green onion, 1T. parsley leaves, 1/2T. sesame seed paste, 1/2T. soy sauce, 1/2T. shrimp sauce, 1t. sesame oil, 1/2t. red chili oil, 1/2t. sugar, 1/2t. fermented red bean curd paste, 1/2t. leek paste

Procedures:

1. Arrange mutton slice on platter. Shred sour cabbage to very fine. Cut spinach and Chinese cabbage into sections. Soak bean noodle to soft. Cut bean curd into pieces.
2. Prepare all dipping sauce separately, mix your own sauce in a small bowl.
3. Boiling soup or water in a large pot or the special hot pot, blanch mutton slice until just done, dip into the sauce mixture and eat immediately. Add other ingredients later, let each individual help himself when cooked.

涮羊肉 Mutton in Chafing Pot

Sauteéd Lamb with Scallion 葱爆羊肉

「蔥爆羊肉」

材料

羊肉片 250 公克，大蔥 200 公克，大蒜 6～8 粒，香菜 1～2 支

醃肉料

醬油 2 茶匙，酒 1 大匙，花椒粉或胡椒粉 1/4 茶匙，太白粉 1 茶匙

調味料

酒 1 大匙，醬油 1 大匙，鎮江醋 1 茶匙，麻油 1/2 茶匙

註

1. 如不喜食羊肉，可改用牛肉片或豬肉、雞肉均可。
2. 烹炒此菜關鍵在於火候必須強旺，且動作迅速，才可使肉嫩味美。

做法

1. 羊肉片需選購肥、瘦均勻之部份，放進醃肉料中（醃料需預先在碗內調妥），拌勻醃置 10分 鐘以上。
2. 大蔥先對剖，再斜切絲；大蒜切薄片；香菜切段。
3. 在鍋內燒熱 3 大匙油，先爆炒蒜片，隨後放下肉片，用大火急速翻炒，約 10秒 鐘後將大蔥絲也落鍋，翻炒 2～3 秒後先沿著鍋邊淋下酒烹香，並立刻加入醬油，翻炒一下，再沿鍋邊淋醋，滴下麻油，炒拌均勻，見大蔥稍微脫生，加入香菜段即迅速裝盤供食。

「Sauteéd Lamb with Scallion」

Note

1. Beef slices or pork, chicken may be substituted for mutton.
2. High heat and fast stir frying are the key points for this dish, it will keep the meat juicy and tender.

Ingredients:

250g. sliced mutton, 200g. scallion, 6~8 garlic, 1～2 stalks parsley

Seasonings (1):

2t. soy sauce, 1T. wine, 1/4t. brown peppercorn powder or pepper, 1t. cornstarch

Seasonings (2):

1T. soy sauce, 1t. wine,
1t. brown vinegar,
1/2t. sesame oil

Procedures:

1. Marinate mutton with seasonings (1) for 10 minutes.
2. Cut scallion lengthwise first, then slice it diagonally. Slice garlic. Cut parley into sections.
3. Heat 3T. oil in a frying pan to very hot, add sliced garlic first then add the mutton, stir fry quickly over high heat for 10 seconds. Add scallion, stir for a few seconds, splash wine, add soy sauce, stir fry again, splash vinegar and sesame oil, mix evenly. When the scallion is almost cooked, add parsley, mix and serve.

「黃燜牛肉」

材料

牛肉（肋條或腱子）1 公斤，蕃茄 1 粒，蔥 5 支，
薑 5 片，八角 1 顆，月桂葉 2 片

煮牛肉料

酒 2 大匙，蔥 2 支，薑 2 片，八角 1 粒

調味料

醬油 1/2 杯，酒 3 大匙，糖 2 大匙

註

加入蕃茄同燒可以使色澤好看，又可以解油膩。

做法

1. 將牛肉整塊放入鍋中，加5杯熱水和煮牛肉料，煮 40 分鐘，取出，稍微放涼後切成約 3×4 公分大小、1.5 公分厚的塊狀。
2. 另在炒鍋內燒熱 2 大匙油，先放下蔥段及薑片爆香，隨後加入切塊的蕃茄、醬油、酒、八角、月桂葉與牛肉塊，以大火拌炒，至香氣透出，再加入糖和煮牛肉的湯汁，蓋上鍋蓋，先用大火燒開，再改用小火燜燒。
3. 見牛肉已十分軟爛，而湯汁僅剩下半杯時即可（約需 1 個半小時左右）。

「Braised Beef with Brown Sauce」

Note

The color will looks prettier if you stew the beef with tomato, and it will be taste better.

Ingredients:

1kg. beef brisket, 1 tomato, 5 stalks green onion, 5 slices ginger, 2 star anise, 2 pieces bay leaf

Seasonings (1):

2T. wine, 2 stalks green onion, 2 slices ginger, 1 star anise

Seasonings (2):

1/2C. soy sauce, 3T. wine, 2T. sugar

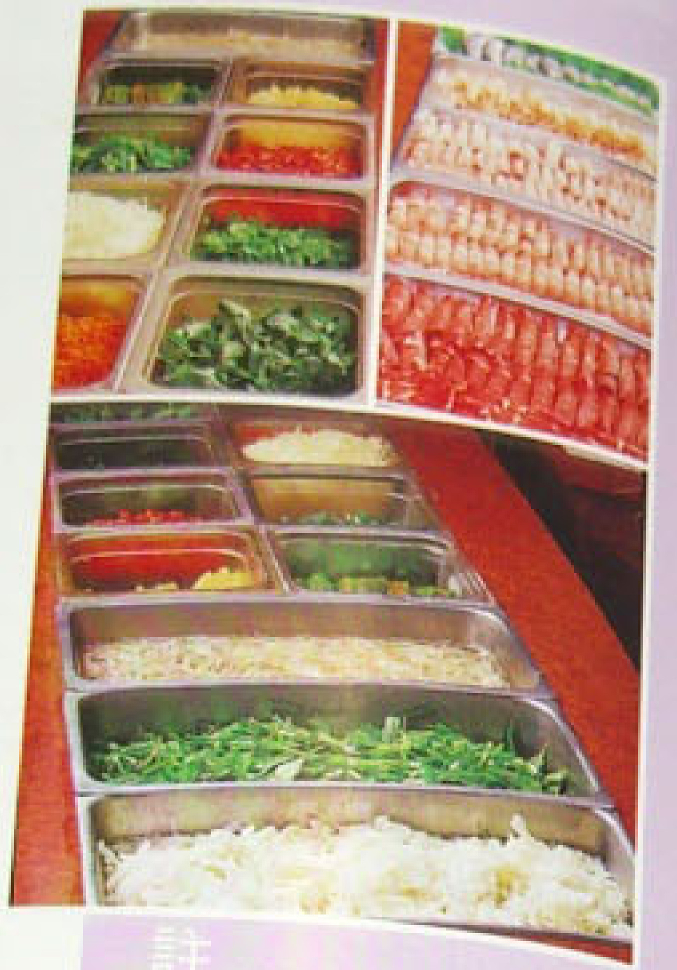
Procedures:

1. Boil whole piece of beef with 5 cups of hot water and seasonings (1) for 40 minutes. Remove and let it cools a little, cut into 3×4 cm big, 1.5 cm thick pieces.
2. Heat 2T. oil to fry the green onion and ginger until fragrant, add tomato pieces, soy sauce, wine, star anise, bay leaves, and beef. Stir fry for a few minutes. Add sugar and soup from cooked beef, bring to a boil, reduce the low heat, cover and stew for about 1 1/2 hours.
3. When the beef is very soft and the juice is reduce to 1/2 cup, turn off the heat and remove.

黃燜牛肉 Braised Beef with Brown Sauce

Mongolian Barbecue 蒙古烤肉

「蒙古烤肉」



材料

肉類：牛肉片或羊肉片、雞肉片、豬肉片等，
可隨意選擇
辛香料和蔬菜料：青蔥段、香菜絲、洋蔥絲、
九層塔、大蒜末、紅辣椒、
青辣椒絲、胡蘿蔔絲、
蕃茄、鳳梨片、綠豆芽、
高麗菜、空心菜

調味料

醬油、酒、蝦油、醋、糖水、清水加入檸檬片、清水加薑片、蒜汁、麻油、辣油、辣椒醬

註

烤肉之老嫩可隨意，只要將在鍋上撥炒之時間增減便可。

做法

1. 將肉類分別裝盤。其他各種蔬菜也分別裝盤、置於桌上。
2. 各種調味料分別用玻璃罐或瓷缸之類容器，放在肉類和蔬菜的旁邊。
3. 食者用一只大碗前往自行挾取若干肉類，再取喜愛之辛香料和蔬菜於碗中，並按個人口味加入各種調味料。
4. 將一具特製之烤肉鐵鍋燒熱後，倒下前項裝在碗中之材料與調味料，使用一雙長竹筷在鍋上平面撥動、炒煎，約 2~3 分鐘，見肉已轉熟即可盛入乾淨之碗內食之。

「Mongolian Babecue」

Note

This is do-it-yourself meal. The seasonings and the timing should be flexible for personal taste.

Ingredients:

Meat：Sliced beef, mutton, chicken, pork
Spices and vegetables：green onion sections, parsley, onion shreds, basil, red chilies, green pepper, carrot shreds, tomato, pineapple, bean sprouts, cabbage, water convolvulus

Seasonings:

soysauce, wine, shrimp sauce, vinegar, sugar & water, limon slices & water, ginger slices & water, chopped garlic & water, sesame oil, hot chilie oil, hot chili paste

Procedures:

1. Arrange all kinds of meat on separate platter. Place on serving dining table.
2. Put all the other ingredients and seasonings in individual serving containers. Place on the table.
3. With an individual bowl, each person helps himself to various ingredients to suit his own taste.(Take the meat part first, then vegetable, condiments at last)
4. On a charcoal heated Mongolian Bar-B-Q grill, pour the mixture all at once. Use long chopsticks to fry for about 2~3 minutes until done, place in a clean bowl.

「糖醋全魚」

材料

新鮮黃魚（或鱸魚）1 條（約 700 公克），
太白粉 1/2 杯，蔥絲 1/3 杯，薑絲 1/4 杯，
冬菇絲 2 大匙，紅辣椒絲 1 大匙

醃魚料

蔥 1 支，薑 3 片，鹽 1/2 茶匙，酒 1 大匙

調味料

糖 5 大匙，鎮江醋 5 大匙，清水 8 大匙，
蕃茄醬 3 大匙，太白粉1/2大匙，
鹽 1/4 茶匙，麻油 1/2 茶匙

註

1. 炸魚時如嫌魚太長而操作不便，可將魚切成兩截再一起下鍋炸，炸好之後，在盤中連接成一條原魚狀即成。
2. 如果喜食較多糖醋汁，可將調味料加倍或酌量增加。

做法

1. 將魚刮洗淨，修整魚鰭，然後再在兩面的魚肉上劃切深而薄，並可翹起之刀紋（刀深需觸及大骨）。放在盤中，用醃魚料抹擦全身，醃置 15～30 分鐘左右。
2. 將太白粉沾裹魚身各處，需仔細敷緊，然後提著魚尾，慢慢投入已燒熱之油中，然後提出兩、三次至魚片完全開放後始可全部落入油中，炸至酥脆（約 4 分鐘左右），撈出魚後將油全部倒出。
3. 另在鍋內燒熱 2 大匙油炒四種絲料，加入調勻之調味料，以大火炒煮至滾，澆到已裝在盤中之魚上（應使其直立），即可上桌供食。

「Fried Whole Fish with Sweet & Sour Sauce」

Note

1. If the fish is too big to be deep fried, cut it into halves, and arrange them back to whole shape after fried.
2. Double the seasonings (2) if you like. It is very delicious.

Ingredients:

1 whole fish(about 20～25 cm long, 700g.), 1/2C. cornstarch, 1/3C. shredded green onion, 1/4C. shredded ginger, 2T. shredded black mushrooms (soaked), 1T. shredded red chili

Seasonings (1):

1stalk green onion, 3 slices ginger, 1/2t. salt, 1T. wine

Seasonings (2):

5T. sugar, 5T. brown vinegar, 8T. cold water, 3T. ketchup, 1/2T. cornstarch, 1/4t. salt, 1/2t. sesame oil

Procedures:

1. Trim and rinse the fish, make several diagonal cuts on both sides of fish. Marinate with seasonings (1) for 15～30 minutes.
2. Coat fish with cornstarch tightly. Deep fry in heated oil over high heat for about 4 minutes, until fish becomes crispy and golden brown on both sides, remove. Drain off oil. Place fish on a platter.
3. Heat another 2T. oil to fry mushroom, ginger, green onion and red chili over high heat, add the seasonings (2), stir the sauce until it becomes sticky, pour it over the fried fish.

糖醋全魚 Fried Whole Fish with Sweet & Sour Sauce

Crispy Fish Slices with Sweet & Sour Sauce 醋溜瓦塊魚

「醋溜瓦塊魚」

材料

草魚中段 600 公克，薑屑 1/2 大匙，蒜屑 1/2 大匙

麵糊料

麵粉 4 大匙，太白粉 3 大匙，蛋 1 個，清水酌量，
發泡粉 1/4 茶匙

調味料

（1）酒 1/2 大匙，鹽 1/2 茶匙，胡椒粉少許
（2）糖 3 大匙，鎮江醋 3 大匙，清水 5 大匙，
醬油 1 大匙，酒 1 大匙，太白粉 2 茶匙，
鹽 1/4 茶匙，麻油 1/2 茶匙

註

此菜因魚片所切之形狀像瓦狀而得名，係京菜中頗為著名之菜式，日常也可以用無骨的潮鯛魚片或石斑魚肉來做。

做法

1. 將魚段刮洗乾淨後，由背部下刀剖開成兩半，除去中間大骨，再將每半片打斜切成大片（形狀如瓦片狀），共可切成 6 片，全部撒上調味料（1），拌醃片刻。
2. 在碗內調好麵糊料，另一碗中調好調味料（2）。
3. 將炸油 5 杯在鍋中燒熱，再將沾了麵糊的魚片投入油中，用小火炸熟，撈出後把油再燒熱，以大火再炸 10～15 秒鐘即可撈出。
4. 另在鍋內燒熱1大匙油，爆炒薑屑及蒜屑，隨後將調味料（2）倒下，以大火炒煮，見汁已變黏稠時，迅速將魚片落鍋，略拌勻即可盛入盤內，趁熱上桌。

「Crispy Fish Slices with Sweet & Sour Sauce」

Note

You may use any kind of fish to make this dish, those fish fillet are very suitable also.

Ingredients:

600g. fish (central park), 1/2T. chopped garlic, 1/2T. chopped ginger

Flour batter:

4T. flour, 3T. cornstarch, 1 egg, a little of cold water, 1/4t. baking powder

Seasonings:

(1) 1/2t. salt, 1/2T. wine, a little of pepper
(2) 3T. sugar, 3T. brown vinegar, 5T. cold water, 1T. soy sauce, 1T. wine, 2t. cornstarch, 1/4t. salt, 1/2t. sesame oil

Procedures:

1. Clean the fish and remove the large bone. Slice fish into big pieces. Put in a bowl and marinate with seasonings (1) for a few minutes.
2. Mix flour batter and seasonings (2) in two separate bowls.
3. Coat each piece of fish with flour batter and deep fry for about 2 minutes until golden brown. Remove fish, reheat oil to very hot, deep fry fish again for 10～15 seconds over high heat, remove fish, drain off oil.
4. Heat 1T. oil to stir fry garlic and ginger, add the seasonings (2), stir evenly, turn off the heat, add the fish to wok and mix with the sauce, remove immediately. Serve.

「炸蝦托」

材料

蝦仁 250 公克，絞肥豬肉 50 公克，吐司麵包 3 片，
黑芝麻 1 茶匙，火腿屑 1 大匙，香菜葉 12 片

調味料

蛋白 1 個，薑汁 1/2 茶匙，鹽 1/3 茶匙，
酒 1/2 大匙，太白粉 1 大匙

註……………………

塗抹蝦泥時，手指要記得沾水，蝦泥表面才會光滑。

做法

1. 蝦仁抽淨沙筋，沖洗一下，瀝乾水分後全部剁碎，使成泥狀，倒入大碗中，加入肥絞肉和調味料（1）拌勻，調成蝦泥餡。（需仔細攪拌至有黏性為止）
2. 將麵包切除硬邊後，每片分切成 4 小塊，或修切為 4 公分直徑之圓片。將調好之蝦泥餡塗抹在每小片麵包上，抹成凸起之半圓形，再將黑芝麻與火腿屑撒在蝦仁餡上做為裝飾。
3. 在鍋內燒熱炸油後，將蝦托逐個放入油中，用小火炸熟（有蝦仁餡之面先放入油中），約 1 分鐘後便需翻過面，續炸 1 分鐘。
4. 撈出瀝淨油漬，排盤上桌，可附花椒鹽或蕃茄醬上桌沾食。

「Deep Fried Shrimp Tart」

Ingredients:

250g. shrimp (shelled), 50g. minced pork fat, 3 slices bread, 1t. black sesame seeds, 1T. chopped ham, 2 stalks parsley

Seasonings:

1 egg white, 1/2t. ginger juice,
1/3t. salt, 1/2T. wine,
1T. cornstarch

Procedures:

1. Rinse and chop the shrimp to very fine, put in a bowl, add minced pork fat and seasonings (1), mix thoroughly.
2. Remove the crust from sliced bread, cut each slice into 4 pieces (or 4 cm diameter round shape). Put about 1/2T. shrimp mixture on each piece of bread and spread evenly to edges. Sprinkle some black sesame seeds and chopped ham or 1 parsley leaf on top of shrimp for decoration.
3. Place the shrimp tart into the heated oil with the shrimp side down, deep fry over low heat for about 1 minute, turn it over and deep fry for another minute.
4. Remove and drain off the oil, arrange on a plate, serve with some brown pepper corn salt or ketchup.

炸蝦托 *Deep Fried Shrimp Tart*

Sauteéd Prawn Slices 清炒明蝦片

「清炒明蝦片」

材料

明蝦（或大型草蝦）6隻（約500公克），洋菇8朵（罐頭或新鮮的），小黃瓜1條，熟火腿40公克

調味料

蛋白2大匙，鹽1/3茶匙，酒1/2大匙，太白粉1大匙

調味料

清湯（或水）4大匙，酒1/2大匙，太白粉1茶匙， 麻油1/4茶匙，鹽1/4茶匙

做法

1. 明蝦剝殼、抽沙腸後快速地沖一下，拭乾水份。將每隻橫面片開，切成四片，全部放在大碗中，加入調味料（1）拌勻，醃半小時左右。
2. 小黃瓜切成薄片，用開水燙10秒鐘，撈出沖過冷水；洋菇切片，也川燙一下；火腿也切成薄片。
3. 鍋內將2杯油燒至九分熱，放下蝦片用大火泡熟（約10秒鐘），見蝦片呈白色、約九成熟時，即行全部瀝出。
4. 另在鍋內燒熱1大匙油，炒洋菇片、黃瓜片及火腿片，並加入調勻之調味料（2）炒勻，至汁變黏稠時即將蝦片落鍋，迅速拌合便成。

「Sauteéd Prawn Slices」

Ingredients:

8 prawns (about 500g) or large shrimp, 8 mushroom (caned or fresh), 1 small cucumber, 40g. ham

Seasonings (1):

2T. egg white, 1/3t. salt, 1/2T. Wine, 1T. cornstarch

Seasonings (2):

4T. soup stock (or water), 1/2T. wine, 1t. cornstarch, 1/4t. sesame oil, 1/4t. salt

Procedures:

1. Rinse the prawns, shell the prawns or shrimp and remove the black vein, Slice each prawn lengthwise into 4 slices, marinate with seasonings (1) for at least 30 minutes.
2. Slice the cucumber, blanch for about 10 seconds, rinse with cold water immediately. Slice or score each mushroom, boil for 10 seconds, remove. Slice ham.
3. Heat 2C. oil to 180℃, add prawns and fry for about 10 seconds. When the color of prawns turn white, remove prawns and drain off oil.
4. Heat 2T. oil in a wok, stir fry the sliced mushroom, cucumber and ham. Add the seasonings (2), stir until thickened. Add the prawns and mix thoroughly. Serve hot.

「紅燒排翅」

材料

水發大排翅 2 塊（約 600 公克），火腿 150 公克（切厚片），五花肉 200 公克（切塊），雞湯 3 杯，麵粉 3大匙，香菜 2 支

調味料

蔥 3 支，薑 2 片，酒 1 大匙，雞湯 2 杯

調味料

醬油 1 大匙，鹽適量

註

此菜也可將白菜或青菜心炒熟之後墊在下面，以增加份量。

做法

1. 將已發透而摘洗乾淨之排翅排列在小淺盆中，放進蔥支與薑片，並加酒及 2 杯雞湯蒸半小時。
2. 將小盆內之湯汁泌出不要，並揀出蔥、薑。再放進已在開水中燙煮過 3 分鐘之豬肉塊與火腿片，並加入另外 杯雞湯，再上鍋蒸至魚翅相當軟滑為止（約 1 小時左右）。
3. 由蒸鍋內端出已蒸軟之魚翅，取出其中之豬肉與火腿（亦可留作他用），並將湯汁泌到一個碗中，湯汁中加冷水調成微溫的高湯。。
4. 鍋中用 3 大匙油炒黃麵粉，並將留出之湯汁（第 3 項）傾入攪勻（用小火），再加醬油和鹽調味，煮滾後便可熄火。
5. 將魚翅小心覆扣在大菜盤內，揭除蒸盆，澆下第 4 項之湯汁並綴上香菜數支即可上桌。

「Shark's Fins in Brown Sauce」

Note

You may stir fry some green vegetable or Chinese cabbage, season to taste, arrange under or around the shark's fins.

Ingredients:

600g. soaked shark's fin, 150g. ham (sliced), 200g. pork (pieces), 3C. chicken soup, 3T. flour, 2 stalks parsley leaf

Seasonings (1):

3 stalks green onion, 2 slices ginger, 1T. wine, 2C. chicken soup

Seasonings (2):

1T. soy sauce, a little of salt

Procedures:

1. Arrange the soaked shark's fin in a bowl. Add seasoning (1), steam for about 1/2 hour. remove. Discard the soup, green onion and ginger.
2. Boil ham slices and pork cubes for 3 minutes, place it on top of shark's fins, add another 2 cups of chicken soup, steam for 1 hour until the fins are tender enough.
3. Remove the boel, pour the soup to a bowl, add some water to bring down the temperature of soup. Remove the ham and pork (this pork and ham can be used for other dish).
4. Heat 3T. oil to stir fry flour, add the soup stock front procedure (3), season with soy sauce and salt, bring to boil.
5. Turn the shark's fin over to the serving plate, pour the sauce over shark's fin and serve. Put some parsley on top for decoration.

紅燒排翅 Shark's Fins in Brown Sauce

Minced Chicken with Abalone Potage 雞茸鮑魚羹

「雞茸鮑魚羹」

材料

罐頭鮑魚 1/2 罐，雞胸肉 1 片（約 120 公克），
蛋白 4 個，熟火腿屑 1 大匙，麵粉 4 大匙，
清湯 6 杯

調味料

酒 1/2 大匙，鹽 1 茶匙

做法

1. 將雞肉剔除雞皮與筋後仔細斬剁，使成為細茸狀。
2. 將雞茸放進大碗內，加入酒及 1/3 茶匙的鹽拌攪均勻，然後加入 1 個蛋白再攪拌（需向同一個方向），見雞茸勻細後，加入第二個蛋白再加攪拌，依次將 4 個蛋白完全拌入雞茸中。
3. 鮑魚切成大薄片，罐中之湯汁留用（約 1 杯）。
4. 鍋中燒熱 4 大匙油，以小火炒香麵粉，炒至勻滑後，傾下清湯及鮑魚汁調拌均勻，用大火煮滾，放下鮑魚並加鹽調味，待再煮滾時，將雞茸慢慢傾入，並加速拌攪調合，隨即關火、以免雞茸變老。
5. 盛裝至大湯碗內或深底菜盤中，再撒下熟火腿屑即可上桌分食。

「Minced Chicken with Abalone Potage」

Ingredients:

1/2 can abalone, 120g. chicken meat,
4 egg white, 1T. chopped ham, 4T. oil,
4T. flour, 6C. soup stock

Seasonings:

1/2T. wine, 1t. salt

Procedures:

1. Chop chicken meat to very fine, place in a large bowl.
2. Add wine and 1/3t. salt to chicken, mix well. Add 1 egg white into the bowl, mix evenly with the chicken meat, then add the second egg white. Add one at a time, mix well between each addition.
3. Slice abalone into very thin slices. Reserve the abalone juice.
4. Heat 3T. oil to stir fry flour for a few seconds, add soup stock and the reserved abalone juice. Mix thoroughly and bring to a boil. Add the sliced abalone and season with salt. When it boils again, add the minced chicken meat. Stir the potage until thoroughly mixed. Turn off the heat immediately.
5. Pour the abalone potage into a soup bowl, sprinkle shredded ham on top. Serve.

「四色蔬菜」

材料

草菇 15 個（或小香菇 10 朵），蕃茄 1 個，
小青梗菜 12 棵，玉米筍 12 支

調味料

醬油 1 大匙，糖 1 茶匙，鹽 1 茶匙，清湯（或水）2 杯，太白粉水 2 大匙，麻油 1/4 茶匙

做法

1. 青江菜修切整齊（每支約 6~7 公分長），放在開水內燙熟（加 1/2 茶匙鹽），撈出用冷水沖涼並瀝乾；蕃茄切交叉刀口，燙去外皮後切成 6 大片。
2. 玉米筍也放入水中燙一下，熟後撈出。再放入草菇，一滾即撈出。
3. 在鍋內燒滾 1 杯清湯，放進青江菜和玉米筍，加鹽和少許油煮 1~2 分鐘，撈出瀝乾水份，整齊地排列在盤中（鍋內湯汁留用）。
4. 將蕃茄片傾入鍋內，用煮過菜之湯汁煮半分鐘，隨後瀝出也排入盤中。
5. 燒熱 1 大匙油炒草菇，加入清湯 1/2 杯及醬油 1 大匙、糖 1 茶匙，煮滾後即淋下太白粉水勾芡，放在菜盤中間。
6. 將清湯 1 杯在鍋內煮滾，加鹽調味後也勾上薄芡，並在起鍋前淋上麻油，澆到草菇之外之三種蔬菜上即可。

「Four Color Vegetables」

Ingredients:

15 straw mushrooms, 1 tomatoes, 12 green cabbage, 12 pieces baby corn

Seasonings:

1T. soy sauce, 1t. sugar, 1t. salt, 2C. soup stock or water, 2T. cornstarch paste, 1/4t. sesame oil

Procedures:

1. Trim green cabbage to 6~7cm long, blanch in boiling water (add 1/2t. salt in water), drain and rinse. Boil tomatoe to remove the skin, cut each tomato to 6 pieces.
2. Boil baby corn in water for 30 seconds, drain. Blanch straw mushrooms, drain and rinse with cold water.
3. Bring 1cup of soup stock to a boil, add some salt and oil in water, cook green cabbage and baby corn for 1~2 minutes, remove and arrange on a serving plate.
4. Put tomato slices to the water, cook for 30 seconds, drain and arrange on plate.
5. Heat 1T. oil to stir fry straw mushrooms, add 1/2C. soup stock, soy sauce and sugar, thicken with cornstarch paste when it boils, arrange on the center of the plate.
6. Bring 1 cup of soup stock to a boil, season with salt and then thicken with cornstarch, add sesame oil, pour hte sauce over the other three vegetables.

四色蔬菜 *Four Color Vegetables*

Sweet & Sour Cabbage Salad, Beijing Style 北平辣白菜

「北平辣白菜」

註

此菜如放置冰箱可保存一星期。

材料

高麗菜或大白菜 900 公克，紅辣椒絲 1/3 杯，薑絲 1 大匙，花椒粒 1/2 大匙

調味料

鹽 2/3 茶匙，糖 5 大匙，白醋 5 大匙，麻油 2 大匙

做法

1. 將菜洗淨、瀝乾水分後切成約 4 公分長之細條，全部放在盆中，撒下鹽拌勻，醃約 1～2 小時左右。
2. 將菜中的水分擠乾，放回乾淨盆中（或大碗），上面撒放切成細絲之紅辣椒及薑絲。
3. 將麻油在鍋中燒熱，先放入花椒粒炸香，再加入糖及白醋煮滾，待糖全部溶化後澆到盆中的高麗菜上面，迅速拌勻，蓋上蓋子，放置約 1～2 小時便可取食。

「Sweet & Sour Cabbage Salad, Beijing Style」

Note

This may be kept for 1 week in refrigerator.

Ingredients:

900g. cabbage or Chinese cabbage,
1/3C. red chili shreds, 1T. ginger shreds,
1/2T. brown peppercorn

Seasonings:

2/3t. salt, 5T. sugar, 5T. vinegar,
2T. sesame oil

Procedures:

1. Rinse and cut cabbage into fine strips about 4 cm long. Put it in bowl, sprinkle with salt, mix and marinate for about 1～2 hours.
2. Squeeze out the salty water from cabbage. Place cabbage in a bowl, add the red chili shreds and ginger shreds to the cabbage.
3. Heat sesame oil in a pan, fry brown peppercorn until fragrant and also the color turn dark. Add sugar and vinegar, bring to a boil. Pour this sauce over cabbage immediately and mix well. Cover with a lid, soak for about 1～2 hours until tasteful.

點心

Snack & Desserts

Snack & Desserts

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「菜肉餛飩」

材料

絞豬肉 200 公克，蝦仁 150 公克，青江菜 300 公克，蔥屑 1 大匙，餛飩皮 300 公克，蛋 1 個，清湯 4 碗，芹菜 2 支

調味料

鹽 1/2 茶匙，醬油 1 大匙，水 2 大匙，沙拉油 1 大匙，麻油 1 大匙

做法

1. 絞肉再剁細一點；蝦仁洗淨，切成丁（與花生米粒大小相似）。蛋打散、煎成蛋皮、切成絲。
2. 青江菜燙軟，沖涼，擠乾水份，剁碎。和絞豬肉、蝦仁一起放在大碗中，加蔥屑和調味料拌勻。
3. 將肉餡放進約1茶匙的量在每一張餛飩皮中間，然後折覆手邊之麵皮，沾水使皮黏合，包成餛飩型。
4. 鍋中煮滾 8 杯水，放下約 32 個餛飩，蓋上鍋蓋煮滾後加入1/2杯冷水，以中火再煮至滾，見餛飩已浮起，便可撈出。
5. 煮滾的清湯中另加適量的醬油、鹽和麻油調味，放下煮熟之餛飩，再撒下蛋皮絲和芹菜末即可。

註
1. 可加榨菜絲、海苔絲或任何喜愛的蔬菜在餛飩湯中。
2. 包成之餛飩也可用油炸，澆上糖醋汁做成糖醋炸餛飩。

「Won-ton Soup」

Ingredients:

200g. minced pork, 150g. peeled shrimp, 300g. green cabbage, 1T. chopped green onion, 300g. won-ton wrapper, 1 egg, 2 stalks celery, 4C. soup stock

Seasonings:

1/2t. salt, 1T. soy sauce, 2T. water, 1T. oil, 1T. sesame oil

Procedures:

1. Chop minced pork again. Rinse and pat dry the shrimp, cut it into small cubes. Beat the egg, make a thin pan cake in a fry pan, then shred it.
2. Blanch green cabbage, rinse and squeeze it dry, then chop it finely. Mix 3 kinds of ingredients in a bowl, add green onion and all seasonings, mix well.
3. Wrap about 1t. meat mixture into won-ton wrapper, make it into won-ton shape.
4. Boil 8 cups of water in a pot, put about 32 pieces of won-ton in, cover and cook, when the water boils again, add 1/2 cup of cold water, cook until boils again.
5. Season the soup stock with some soy sauce, salt and sesame oil, add won-ton in, sprinkle shredded egg sheet and chopped celery, serve.

Note

1. You may add preserved mustard shreds, dried seed weed shreds or any vegetable you like in soup.
2. You may deep fry the uncooked won-ton and serve it with sweet and sour sauce.

菜肉餛飩 Won-ton Soup

Spring Rolls 春捲

「春捲」

材料

瘦豬肉或叉燒肉 150 公克，小蝦仁 100 公克，白菜（或綠豆芽）300 公克，韭黃 80 公克，春捲皮 20 張，麵粉 1 大匙

調味料

（1）醬油 1/2 大匙，太白粉水 1 茶匙
（2）鹽 1/4 茶匙，太白粉 1 茶匙
（3）醬油 1 大匙，鹽 1/4 茶匙，清湯 1/2 杯，
　　太白粉水 1 大匙

做法

1. 豬肉切成細絲，用調味料（1）拌醃；蝦仁用調味料（2）拌勻；白菜切成細絲，韭黃切成 2 公分長段。
2. 用4大匙油炒豬肉絲，炒熟後盛出，用剩下之油炒熟蝦仁，也盛出放在肉絲中。
3. 將白菜絲下鍋拌炒，加入調味料（3）煮 2 分鐘，待白菜已軟時，放下肉絲和蝦仁，淋下太白粉水勾芡，拌入韭黃段，盛入碗中。
4. 在每一張春捲皮上（光滑的一面朝下）放入約 2 大匙餡料，然後由手邊捲成筒狀，封口處用麵粉糊黏住，排在盤內（封口朝下）。
5. 將春捲投入八分熱的油中，以中小火慢慢炸黃，大約 2～3 分鐘，撈出瀝淨油。食用時，可蘸辣醬油或香醋，十分鬆脆可口。

註 春捲餡之材料亦可按季節或個人喜好來做變換與增減。

Spring Rolls

Ingredients:

150g. lean pork or roasted pork, 100g. peeled shrimp, 300g. cabbage or bean sprouts, 80g. white leek, 20 pieces spring roll wrapper, 1T. flour

Seasonings:

（1）1/2T. soy sauce, 1t. cornstarch paste
（2）1/4t. salt, 1t. cornstarch
（3）1T. soy sauce, 1/4t. salt, 1/2C. soup stock,
　　1T. cornstarch paste

Procedures:

1. Shred the pork, mix with seasonings (1). Mix shrimp with seasonings (2). Shred cabbage into strings. Cut white leek into 2cm sections.
2. Heat 4T. oil to stir fry the pork, drain and put in a bowl. Stir fry shrimp until done, remove to bowl with pork.
3. Add the cabbage in, stir fry for a moment, add seasonings (3), cook for about 2 minutes. Add pork and shrimp, stir fry over high heat, thicken with cornstarch paste, add white leek, mix and remove to a bowl.
4. Place 2T. filling on spring roll wrapper, roll and fold to make a spring roll, seal the edge with flour paste.
5. Heat 4C. oil to 160℃ in a pan, deep fry spring rolls over medium low heat for about 2～3 minutes or until golden. Serve with some Worcestershire sauce or brown vinegar.

Note

Spring rolls also called egg rolls. You may change the fillings according to your own taste.

「水餃」

材料

餃子皮：高筋麵粉 2 1/2 杯，鹽 1/4 茶匙，冷水 1 杯
餃子餡料：絞豬肉 400 公克，蝦仁 150 公克，
大白菜 400公克或韭菜 150 公克，
蔥屑 2 大匙，薑汁 1 茶匙

調味料

鹽 1/3 茶匙，醬油 2 大匙，油 2 大匙，麻油 1 大匙

做法

1. 將麵粉和鹽盛在盆內，慢慢地加入冷水，用手輕輕拌合，至水全部加完，用力把全部麵粉揉成一糰，覆上一塊濕布，放置 15 分鐘以上，使麵糰光潤。
2. 將豬絞肉剁一下，放在盆內，加入鹽和水（約 3～4 大匙）攪拌至有黏性，再加入蔥屑、薑汁及其他調味料拌勻（要順著同一方向，拌得越久越好）。
3. 蝦仁切小丁；白菜剁碎，撒下少許鹽拌合，3～5 分鐘後，擠去大部份的水分，和蝦仁一起放進絞肉中，再仔細攪拌至有黏性為止。
4. 將麵糰加以揉至光滑，平均分成約 40 個小麵塊，先搓圓後壓扁、再擀成圓麵皮，包入肉餡，捏合封口，做成餃子。
5. 在鍋中煮滾 8 杯開水，放下餃子約 20～25 個，用湯勺略加轉動一下，蓋上鍋蓋，用大火煮至再度沸滾。
6. 淋下約 2/3 杯冷水，蓋好再煮，滾後再加一次冷水，待又沸滾時，水餃便已夠熟，即刻用漏勺撈出，裝在盤內，趁熱上桌，附上喜愛之沾料沾食。

註
1. 水餃之餡，可按個人喜好採用牛肉、魚肉或加入蝦仁、冬[illegible]海參等料。
2. 可購買現成水餃皮來用。

「Boiled Dumplings」

Ingredients:

Wrappers: 2 1/2C. wheat flour(all purpose), 1/4t. salt, 1C. cold water
Fillings：400g. minced pork, 150g. shrimp, 400g. Chinese cabbage
(or 150g. leek), 2T. chopped green onion, 1t. ginger juice

Seasonings:

1/3t. salt, 2T. soy sauce, 2T. oil, 1T. sesame oil

Procedures:

1. Place flour and salt in a bowl. Add water slowly, mix and then knead it to form a dough, cover with damp cloth. Let it stand for at least 15 minutes.
2. Mix meat with salt and water (about 3~4T.) first, then add green onion, ginger and other seasonings, mix thoroughly.
3. Cut shrimp to small cubes. Sprinkle a little salt in chopped cabbage, leave for 3~5 minutes, squeeze out the water. Mix thoroughly with pork and shrimp, this is the filling. (You may boil the cabbage if you like to taste it softer)
4. Knead the dough again for a while, divide it into 40 small pieces, then roll it into round shape, it is the dumpling wrapper. Place the filling on a wrapper, fold it over and pinch in center to make a dumpling shape.
5. Boil 8C. water, drop dumplings one by one into boiling water (about 20~25 dumplings). Stir carefully with large spoon to prevent it from sticking on the bottom, cover with a lid, cook until it boils again.
6. Add 2/3C. cold water, cover and cook until boils again. Add another 2/3C. cold water, wait until it boils again, the dumplings should be done. Remove the dumplings to plate. Serve hot with the dipping sauce, such as soy sauce, vinegar, red chili oil or mashed garlic.

Note

You may use any ingredient you like to make the fillings, such as beef or fish.
Machine made dumpling wrappers may be used instead of home made wrappers.

水餃 *Boiled Dumplings*

Fried Dumplings 鍋貼

「鍋貼」

材料

外皮：麵粉 2 1/2 杯，開水 2/3 杯，冷水 1/3 杯
餡料：絞豬肉 300 公克，蝦仁 120 公克，冬菇 3 個，
青江菜（菠菜或大白菜亦可）300 公克，
蔥屑 1 大匙，薑屑 1 茶匙

調味料

醬油 2 大匙，鹽 1/3 茶匙，水 2～3 大匙，麻油 2 大匙

做法

1. 將麵粉盛在盆內，沖入開水，同時用筷子攪拌均勻，2～3 分鐘之後，加入冷水、並用手調合揉成一糰，蓋上濕布，放置 15 分鐘以上。
2. 將絞豬肉再剁一下；蝦仁切成小粒；冬菇用溫水泡軟之後也切成小丁，全部放在大碗中，加蔥屑、薑屑與調味料，仔細調拌均勻。
3. 青江菜用開水燙煮至軟，約 1 分鐘即撈出，用冷水沖涼，全部切碎，擠乾水份，拌入肉餡中。
4. 麵糰揉光後，平均分為 40 小粒，擀成橢圓形皮子，包入餡料，捏成較長之餃子狀。
5. 先將平底鍋燒熱，淋下 2 大匙油，待油熱後，將鍋貼排列進去，（如用 10 寸直徑之平底鍋，約可排列 20 個）。先用大火煎烤一下底面，〔約 1 分鐘〕，再加入 2/3 杯熱水（水中先放 1/2 茶匙麻油及醋），蓋上鍋蓋，用中火燒煮至鍋中水分完全收乾為止（約 3 分鐘）。
6. 由鍋邊淋下 1 大匙油，再煎半分鐘，蓋上一個平底餐盤，先傾斜鍋子，泌出多餘之油，再反轉一下，使鍋貼全部落在盤內（鍋貼底面向上）便成。

註
1. 鍋貼之肉餡所用的材料並不限定，可依個人喜愛調配。
2. 可用現成餃子皮來做，餃子皮是冷水麵，會比較脆硬。

「Fried Dumplings」

Ingredients:

Wrappers：2 1/2C. wheat flour (all purpose), 2/3C. boiling water, 1/3C. cold water
Fillings：300g. minced pork, 120g. peeled shrimp, 3 black mushrooms (soaked), 300g. green cabbage, 1T. chopped green onion, 1t. chopped ginger

Seasonings:

2T. soy sauce, 1/3t. salt, 2～3T. water, 2T. sesame oil

Procedures:

1. Add boiling water to flour, mix with chopsticks, then add cold water, knead it into a dough, let it stay for at least 15 minutes, cover it with a wet cloth.
2. Place pork in a bowl, add shrimps (cut into small pieces), mushrooms (soak to soft, cut into small pieces), green onion, ginger and seasonings. Mix thoroughly.
3. Boil the cabbage for about 1 minute, rinse with cold water, squeeze it dry and chop it finely, squeeze out the water, mix with meat evenly to make the filling.
4. Knead the dough until smooth, divide the dough into 40 pieces. Flatten each piece with hand, roll it out to make a round shape. Put 1T. filling on wrapper, fold it over to make a long shaped dumpling.
5. Heat 2T. oil in a frying pan, arrange dumplings in (approximately 20～22 dumplings in a 10" pan). Fry until bottom side becomes brown, (about 1 minute), add 2/3C. water (add 1/2t. sesame oil and vinegar in water), cover it, cook until water has been evaporated.
6. Add 1T. oil to the pan, fry for another half minute. Place a serving plate over the frying pan, invert the pan quickly, so the dumplings will transfer to the plate.

Note

Many ingredients can be used for fillings.
Machine made dumpling wrappers can be used instead of home made ones.

「炒飯」

材料

小蝦仁 80 公克
叉燒肉丁（或火腿）1/2 杯
雞蛋 1 個
青豆仁 2 大匙
蔥屑 2 大匙
米飯 2 碗

調味料

鹽 1/2 茶匙

做法

1. 將蛋在小碗裡打散，用1大匙油在鍋中炒熟，需多鏟動、使蛋散開成為碎小之粒狀，盛出。
2. 另在鍋內燒熱 2 大匙油，爆炒蝦仁及切成小丁之叉燒肉，再加入青豆仁同炒，全部盛出。
3. 在原炒鍋內再加熱 1 大匙油，先爆香蔥屑後，將米飯下鍋拌炒，撒下鹽，用小火繼續翻動、鏟炒均勻，至十分香透後，加入上項已炒過之各種材料，再行拌炒至均勻便成。

「Stir Fried Rice」

Ingredients:

80g. peeled small shrimp
1/2C. diced roasted pork or ham
1 egg
2T. green peas
2T. chopped green onion
2C. cooked rice

Seasonings:

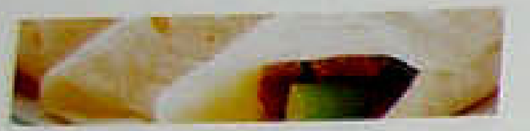
1/2t. salt

Procedures:

1. Heat 1T. oil to stir fry the beaten egg, stir quickly to make the egg becomes small pieces. Remove from pan.
2. Heat another 2T. oil, stir fry shrimp and ham, add green peas, fry until done, remove from pan.
3. Heat another 1T. oil to stir fry the green onion and cooked rice, stir well. Sprinkle salt, reduce to low heat, stir fry until rice is thoroughly heated. Add all the ingredients in, mix well and serve.

炒飯 Stir Fried Rice

Dan Bings 單餅



「單餅」

材料

- 中筋麵粉 3 杯
- 滾水 1 杯
- 冷水 1/2 杯
- 麻油 1 大匙

做法

1. 將麵粉放在盆中，慢慢淋下1杯滾水，同時用筷子加以攪拌，約 1～2 分鐘之後，加入冷水，並用手揉成一糰，至無乾麵粉為止，蓋上一塊濕布，放置 15 分鐘。
2. 將麵糰取出，再用手揉至十分光滑為止，平均分成 30 小粒。每粒都用手掌壓扁，再將兩粒為一組，在其中的一粒上塗少許麻油，再將兩粒合起，用擀麵棍擀壓成10～12 公分直徑之圓形薄餅狀。
3. 將平底鍋在爐上烘熱後，放下薄餅，用小火乾烙約半分鐘後，將餅翻面再繼續烙半分鐘（不必蓋上鍋蓋），見餅中間膨脹、起泡即是熟了。
4. 將餅取出，馬上用手分揭成為兩張，放入盤中，覆上乾淨白布，以保持溫暖及柔軟。

註

1. 這種單餅可以和烤鴨、鴿鬆、合菜帶帽、京醬肉絲或其他炒菜一起上桌，包菜來吃。
2. 可以早些做好，食用前蒸熱或微波加熱。

「Dan Bings」

Ingredients:

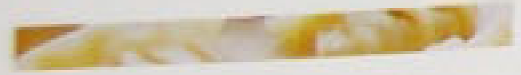
- 3C. wheat flour (all purpose)
- 1C. boiling water
- 1/2C. cold water
- 1T. sesame oil

Procedures:

1. Add 1C. boiling water to the flour, mix with 2 chopsticks, add 1/4C. cold water after 1～2 minutes, knead the dough thoroughly until it is smooth. Cover and let it rest for 15 minutes.
2. Knead the dough again, divide it into 30 small pieces, brush a little oil on surface of 15 pieces, then cover the not oiled piece on top, so you'll get 15 sets. Roll each set out to make a thin pan cake, about 10～12 cm diameter.
3. Heat a pan, put pan cake on it, bake without oil until the surface get bubbles (about 30 seconds). Turn it over and bake again for about another 20～30 seconds.
4. Separate the pan cake into 2 pieces, place on a plate, cover with a dry towel to keep it warm. Make all pan cakes.

Note

1. Thes Dan-Bings are always served with minced pigeon or roasted duck or some stir fried dish
2. You [illegible] make the Dan-Bings earlier, just steam it or reheat it by microwave before eating.



「蒸餃」

材料

外皮：麵粉 2 1/2 杯，開水 2/3 杯，冷水 1/3 杯
餡料：絞豬肉 300 公克，蝦米 2 大匙，
四季豆 300 公克，蔥屑 1 大匙

調味料

鹽 1/2 茶匙，醬油 2 大匙，油 2 大匙，麻油 2 大匙

做法

1. 麵粉放在盆內，慢慢將開水淋下，並用筷子拌勻，待稍微冷卻之後，加入冷水，用手搓揉成一糰，覆蓋上一條微濕的布，放置 15 分鐘以上。
2. 絞肉再剁一下；蝦米泡軟，切成小粒；四季豆蒸至軟，也切成小粒。
3. 絞肉再剁一下，先放入碗中，加鹽和水（約 4 大匙，陸續加入）攪拌至有黏性，再放入各種材料、蔥屑和其他調味料，用筷子調拌、攪勻至十分黏稠為止。
4. 將已醒過之麵糰再用手揉至光滑，平均分成 40 小粒，每粒均加以搓圓、壓扁，然後擀成圓形薄皮，包入餡料，包成餃子狀。
5. 蒸籠底部鋪上濕布，排入餃子，蒸鍋水滾後，放上蒸籠，大火蒸約 12 分鐘左右即可。

註 可用現成餃子皮來做，但這種用燙麵的皮較軟，比較好吃。

「Steamed Damplings」

Ingredients:

Wrappers：2 1/2C. wheat flour, 2/3C. boiling water, 1/3C. cold water,
Fillings：300g. minced pork, 2T. dried shrimp, 400g. string beans, 1T. chopped green onion

Seasonings:

1/2t. salt, 2T. soy sauce, 2T. sesame oil, 2T. oil

Procedures:

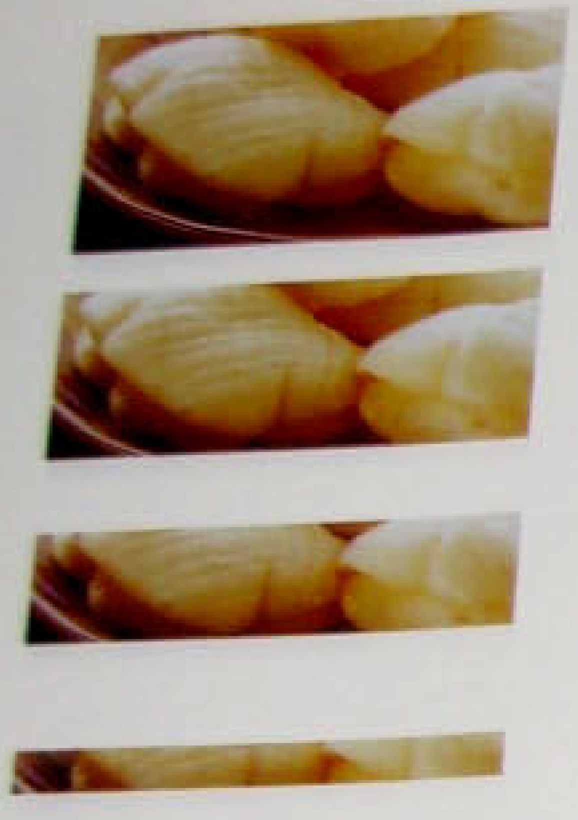
1. Place flour in a large bowl, add boiling water and mix well with chopsticks. Add cold water after 1～2 minutes, knead dough with one hand until thoroughly mixed. Cover and let it stay for at least 15 minutes.
2. Chop minced pork again for a little while. Soak dried shrimp and chop it. Steam string beans to soft, then cut into small pieces.
3. Put pork in a bowl, mix with salt and 4T. water (add the water gradually), then add all ingredients and other seasonings, mix well.
4. Knead the dough and divide it into 40 pieces. Flatten it with hand and roll it into round shape. Put 1T. meat mixture on the wrapper, fold it to make the dumpling.
5. Place a damp cloth on steamer, arrange dumplings on it, cover and steam for about 12 minutes over high heat.

Note

1. If th[illegible]teamer is attractive, you may serve the dumpling with the steamer. .
2. Thi[illegible]nd of wrappers are made from boiling water, taste better then the machine made wr[illegible]rs.

蒸餃 Steamed Damplings

Steamed Flower Shaped Buns 荷葉夾



「荷葉夾」

材料

- 低筋麵粉 1 1/2 杯
- 豬油 1 大匙
- 糖 1 大匙
- 發泡粉 1 茶匙
- 冷水 1/2 杯
- 麻油或油 1 大匙

做法

1. 將麵粉和發泡粉一起過篩後放在麵板上，中間撥一凹洞，加入豬油和糖，再慢慢將冷水淋下，用手指撥拌，使麵粉與豬油、糖等混合均勻，再以手掌搓揉，成為平滑而柔軟之麵糰。
2. 將麵糰平均分為 20 小粒，每粒用手掌壓扁，成為約 9～10 公分的橢圓形餅狀。在一半的地方刷上少許麻油，把另一半折疊過來，使之成為活頁式之扁饅頭狀。
3. 利用刀子在活頁饅頭上劃切交叉花紋，並推入兩角、使圓邊成為荷葉形，做好後全部排入蒸籠內，醒 10 分鐘後放在蒸鍋上，用大火蒸約 8 分鐘。

註 此種荷葉饅頭，常用來夾放食物，如夾香酥鴨、金錢鴨、焦肉代餅、蜜汁火腿等。

「Steamed Flower Shaped Buns」

Ingredients:

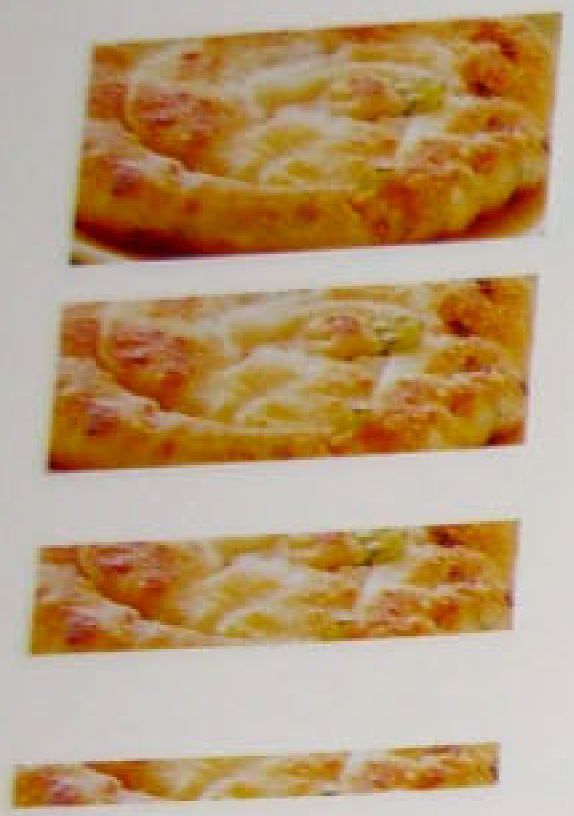
- 1 1/2C. wheat flour
- 1T. lard
- 1T. sugar
- 1t. baking powder
- 1/2C. cold water
- 1T. sesame oil or vegetable oil

Procedures:

1. Sift flour and baking powder on a board, make a hollow in center, add sugar, lard and water. Blend all ingredients with fingers then knead the dough thoroughly until it is smooth.
2. Divide the dough into 20 pieces. Flatten it with hand to form a oval-shape dpan cake, about 10 cm wide. Brush oil on the surface of one half, fold other half over.
3. Use knife to score the surface length wise and crosswise. Pinch it in slightly at two points to form a lotus leaf shape. Place in steamer on a damp cloth, rest for 10 minutes, cover the lid and steam over high heat fro about 8 minutes.

Note

This bun may be served with crispy duck, roasted chicken or roasted pork, and serve as a sandwich.



「蔥油餅」

材料

麵粉 3 杯
開水 1 杯
冷水 1/2 杯
豬油或油 6 大匙
蔥屑 3 大匙
鹽 2 茶匙
油約 1 杯

做法

1. 將麵粉盛放盆內，慢慢沖下開水，用筷子將麵粉不停攪拌，使水與麵粉調拌均勻，大約過 2~3 分鐘後，再慢慢注入冷水，用手揉搓成為一光滑之麵糰，用濕布覆蓋後，放置 20~30 分鐘醒一下。
2. 將麵糰分成 6 塊（也可以再多分數塊，每塊小一點），每塊均需用手掌壓扁，再用擀麵棍擀壓成 25 公分大小之薄餅。
3. 將 1 大匙豬油均勻地抹在餅上，並撒下 1/2 大匙蔥屑及 1/3 茶匙鹽，然後從手邊捲成筒狀，將兩端先捏緊一下（以免油向外流），再盤成螺旋狀，用手壓扁，稍加擀平，使成為約 0.5 公分厚之大餅即成。
4. 平底鍋中先燒熱 2 大匙油後，放餅入鍋，用慢火煎烙（加上鍋蓋），約 2 分鐘後，翻轉一面，沿鍋邊再淋下 1 大匙油，續煎烙至另一面也呈金黃色為止（在煎烙過程中需將鍋時時顫動，以使餅層容易分離而鬆酥）。

註 做好後的餅可切開成數小塊裝盤，也可用手撕開而食之。

「Green Onion Pies」

Ingredients:

3C. wheat flour
1C. boiling water
1/2C. cold water
6T. land or oil
3T. chopped green onion
2t. salt
1C. oil

Procedures:

1. Place flour in a bowl. Add the boiling water and mix with chopsticks immediately, let it cools. After 2~3 minutes, add cold water and knead the dough thoroughly until it is smooth. Cover and let the dough rest for 20~30 minutes.
2. Divide the dough into 6 even pieces (or more then 6), knead and roll each dough out to about 25 cm diameter, as in making pie crust.
3. Rub 1T. oil on dough and sprinkle the whole top with 1/2T. chopped green onion and 1/3t. salt. Roll it up and make sure the ends are tightly sealed. Then form it into a round snail shape, tucking the final end into the center of bun, then press down and roll out to 0.5 cm thick pie.
4. Heat 2T. oil in a frying pan, fry onion pie for about 2 minutes over low heat with the lid covered. Turn the pie over and splash 1T. oil around the edge. Continue to fry until both sides are golden and crispy, shake and jiggle the pan often while frying as this action will make the pastry crispy and flaky.

Note

Cut the pie into small pieces or tear it apart with hands.

蔥油餅 Green Onion Pies

Sponge Cake, Chinese Style 馬拉糕

「馬拉糕」

材料

雞蛋 8 個
白糖 2 杯
低筋麵粉 3 杯
牛奶 1 1/2 杯
鹼水 1 大匙
發泡粉 1 大匙
香草片 4 片（或香草精 1/2 茶匙）
沙拉油或豬油 1 杯
白紙 1 大張

做法

1. 將蛋用打蛋器用力打至發泡，約 5 分鐘。
2. 加入白糖後再繼續打約 10 分鐘，然後將麵粉、發泡粉與牛奶也加入，略為拌勻。
3. 將鹼水（先用 1 大匙熱水將 1 公分四方的鹼塊 2 粒溶化），和壓成粉狀的香草片一起加入蛋麵糊中再拌合，最後再將油拌入、調勻。
4. 將白紙鋪在蒸籠中，紙上塗少許油，然後倒下材料。蒸鍋中水大滾後再放上蒸籠，以大火蒸 30 分鐘。
5. 取出後趁熱撕下紙，切成適當大小，裝盤供食。

「Sponge Cake, Chinese Style」

Ingredients:

8 eggs, 2C. sugar, 3C. cake flour, 1 1/2C. milk, 1t. baking soda, 1T. baking powder, 4 pieces vanilla essence (or 1/2t. vanilla essence drops), 1C. lard or shortening, 1 piece white paper

Procedures:

1. Beat the eggs in a large bowl for about 5 minutes.
2. Add sugar, beat it again for about 10 minutes, then add flour, baking powder, and milk, mix them lightly.
3. Dissolved 1T. baking soda with 1T. water, add to flour paste with vanilla essence, then add melt lard (or shortening) in, mix them thoroughly.
4. Place a white paper in the steamer (brush a little of oil on the paper first), then pour the flour mixture into steamer, cover it tightly and steam it for about 30 minutes over high heat.
5. Remove the cake from the steamer, tear off the paper and cut it into small pieces, serve it while it's warm.

「叉燒包」

材料

外皮：低筋麵粉 600 公克，老麵（麵種）600 公克，白糖 300 公克，豬油 120 公克，發泡粉 1 大匙，鹼水 1 大匙，白醋 1 大匙，阿摩尼亞 1 茶匙，清水少許

叉燒餡：叉燒肉 200 公克，油 4 大匙，紅蔥頭 4 粒，黃砂糖 4 大匙，水 1 杯，醬油 1 大匙，蠔油 1 大匙，麻油 1/2 大匙，鹽 1/2 茶匙，胡椒粉 1 茶匙，太白粉水 3 大匙

做法

1. 皮部：將麵粉與發泡粉混合，過篩兩次，堆放在麵板上。在中央撥出一凹穴，放下其他所有材料，慢慢混拌、揉成一糰，至十分光滑為止。
2. 餡部：在炒鍋內燒熱油 4 大匙後，炸香紅蔥頭片、撈出，再加入黃砂糖，炒溶後即傾下清水 1 杯煮滾，然後加入醬油、蠔油、麻油、鹽和胡椒粉等調味料，再一起煮滾，隨即用調水之太白粉勾芡，使成為濃糊狀，盛到大碗中。待涼之後，將切成指甲片大小的叉燒肉放下拌勻。
3. 包法：將皮子分成 40 小塊，每一小塊壓成餅狀，放入 1 大匙叉燒餡，收緊邊緣、包成圓形包子狀，下面墊上約 5 公分四方的白紙，便可全部排入蒸籠中。蒸鍋中水滾後、以大火蒸約 12 分鐘便成。

註 老麵是將麵粉加糖、酵母粉和水混合揉勻後放置 10～12 小時，發酵好的麵糰。用老麵再加麵粉揉勻即可使用。

「Barbecue Pork Pastries」

Ingredients:

（1）Wrapper：600g. cake flour, 600g. raised flour dough, 300g. sugar, 120g. lard, 1T. baking powder, 1T. baking soda (dissolved with 1T. water), 1T. white vinegar, 1t. ammonia, a little of water

（2）Fillings：200g. barbecue pork, 4T. oil, 4T. red shallots, 4T. brown sugar, 1C. water, 1T. soy sauce, 1T. oyster sauce, 1/2T. sesame oil, 1/2t. salt, 1t. pepper, 3T. cornstarch paste

Procedures:

1. Mix flour and baking powder, sift it twice on the pastry board, make a hole in the center, put the rest of (1) wrapper ingredients in, mix and knead them until very smooth. This is the wrapper.
2. Heat 4T. oil in a frying pan, fry the diced red shallot until fragrant, remove shallot. Add brown sugar, stir until it dissolved. Add 1 cup of water, bring to a boil, add other seasonings and let it boils again, thicken with cornstarch paste. Remove to a large bowl, after it cools, add sliced barbecue pork (cut the pork to 1/3" cubes) when it gets cool, mix well to make the filling.
3. Divide dough into 40 small pieces, flatten each small piece of dough with palm of hand. Place 1T. filling on the center of wrapper, pinch pleat dough, let all the edges come up to the center. Put each pastry on a white paper (the size about 5 cm square), then place all of them in a steamer, steam over high heat for 12 minutes. Remove.

Note

Mix flour, sugar, yeast and water to a dough, let it stay for 10～12 hours, it is the raised flour dough.

叉燒包 Barbecue Pork Pastries

Steamed Shredded Rolls 銀絲捲

「銀絲捲」

材料

高筋麵粉 3 杯
酵母粉 1 大匙
溫水 1 1/3 杯
發泡粉 2 茶匙
鹼水 1 大匙
絞肥豬肉 1 杯
白糖 2/3 杯
熟火腿屑 1～2 大匙

做法

1. 將酵母粉放進溫水中溶解，待完全溶化後，倒入麵粉內用手拌合，並揉成軟度適當之麵糰，蓋上一塊濕白布使其發酵（約需 3 小時左右）。
2. 待麵糰發好（約有雙倍大時），在中間撥開一凹洞，加入發泡粉及鹼水（如花生米粒大小的鹼塊先用 1 大匙溫水溶化），用手揉勻，再由盆中取出，放在麵板上。
3. 把麵糰重加揉光、並擀成一大片薄餅，然後將肥絞肉與糖（需預先攪拌均勻）均勻地塗在餅皮上，再由手邊慢慢推進、捲成筒狀。
4. 用刀將捲好之筒狀麵糰切成細絲，約每 7～8 絲做為一束，用雙手向左右拉長，拉成約 25 公分長，再將其盤旋成為上尖而底大之塔形，在最頂端上放少許火腿屑點綴。
5. 將做好之銀絲捲置入蒸籠中，醒 10～15 分鐘左右，用大火蒸約 10 分鐘即可，趁熱裝盤供食。

註
1. 此係湖南之名點，與北方之大銀絲捲不同，冷後亦可再油[illegible]食。
2. 鹼水有中和之用，也可以不加。

「Steamed Shredded Rolls」

Ingredients:

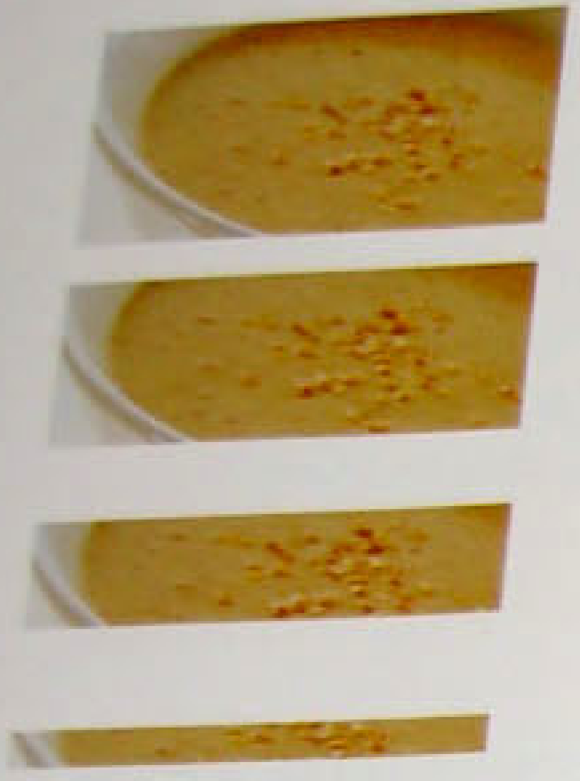
3C. wheat flour(all purpose), 1T. dry yeast, 1 1/3C. warm water, 2t. baking powder, 1t. baking soda, 1C. ground pork fat or shorting, 2/3C. sugar, 1～2T. chopped ham

Procedures:

1. Dissolve the yeast in warm water, add to flour and knead it until very smooth to form a dough. Cover with damp cloth, let it stay for about 3 hours.
2. When the dough has been raised to twice as big, add the baking powder and baking soda (dissolve with 1T. water first), knead again. Remove to a lightly floured board.
3. knead the dough for a few minutes and then roll it out to a very thin layer, the size about 2 feet square. Spread with fat and sugar mixture (which has been previously combined), roll it up tightly to form a long roll.
4. Cut the roll crosswise into thin slices, using about 7～8 strings for each cake. Press a group of strings together gently and stretch out to about 20～25cm long, form into a snail shape, tucking the end in the top firmly. Decorate with chopped ham.
5. Place cake on a damp cloth in a steamer, rest for 10～15 minutes. Steam for about 10 minutes over high heat. Remove and serve hot.

Note

1. These rolls may be reheated in steamer or deep fried it after it gets cold.
2. Baking soda is optional.



「核桃酪」

材料

核桃仁 150 公克

調味料

白糖 240 公克，約 1 杯
鹽 1/4 茶匙
太白粉 4 大匙
清水 4 大匙

做法

1. 在鍋內燒滾 4 杯水，放下桃仁燙煮約半分鐘撈出，瀝乾水份。
2. 將3杯油燒至 6 分熱後，倒下桃仁，以小火慢炸，並不斷用炒鏟翻攪，約 3 分鐘，見桃仁呈金黃色時，即行撈出，攤放在紙上吹涼。
3. 桃仁加 2 杯水、用果汁機打碎成泥。
4. 一只深底鍋內燒滾 4 杯開水，加入白糖和鹽，待水再沸滾時，倒入核桃泥，再煮滾後，便可用太白粉水勾芡，成為喜愛之濃糊狀。

註 如用帶衣之桃仁，則需燙煮的久一點，並連開水倒在大碗內，浸泡至水冷之後，將桃仁衣剝除才可使用。

「Sweet Walnut Soup」

Ingredients:

150g. walnut halves

Seasonings:

240g. sugar (about 1 cup)
1/4t. salt
4T. cornstarch
4T. cold water

Procedures:

1. Boil the walnuts with 4C. water for about 1/2 minute, remove and drain off the water.
2. Heat 3C. oil to 120℃, deep fry walnuts for about 3 minutes over medium heat, remove when the color turn to light brown. Wait until it gets cool.
3. Blend walnuts with 2C. water in a blander until smooth.
4. Boil 4C. water in a pot, add sugar and salt. When it boils again, add walnut mixture. Stir well, thicken with cornstarch paste. Serve hot.

Note

If you use the unpeeled walnut, you should keep the walnut in hot water for 5 minutes, remove the skin after the water gets cool.

核桃酪 Sweet Walnut Soup

Eight Treasure Rice Pudding 八寶飯

「八寶飯」

材料

糯米 1 1/2 杯，豆沙 1/2 杯，葡萄乾 20 粒，紅棗 5 粒，冬瓜糖 5 支，桔餅 1 個，青紅絲或其他喜愛的蜜漬水果，乾果隨意

調味料

豬油 3 大匙
白糖 5 大匙
太白粉水 1 大匙
桂花醬 1/2 茶匙

做法

1. 糯米洗淨、放入碗中，加清水 1 杯，浸泡 20 分鐘左右，放進電鍋中煮成飯，趁熱拌入豬油和白糖各 2 大匙備用。
2. 在一個碗內，塗抹 1 大匙豬油後，將上列各種乾果（大型的要先切成小塊）依個人喜好，並以不同顏色相隔，整齊排列在碗底，使成為美麗的圖案。
3. 鋪上 2/3 量的糯米飯在碗內，放上豆沙，再將餘下之糯米飯蓋在豆沙上，壓平表面。放入蒸鍋內，隔水蒸 1~2 小時。取出後把八寶飯倒扣在大圓盤中。
4. 鍋中煮滾 1 杯水和 3 大匙糖，勾芡後再將桂花醬拌入，淋在八寶飯上。

註 乾果之種類與份量不限制，唯紅棗需先用溫水泡漲，切片後方可[illegible]用。

「Eight Treasure Rice Pudding」

Ingredients:

1 1/2C. glutinous rice, 1/2C. sweet red bean paste, 20 raisins, 5 red dates, 5 candied squash, 20 longan or white raisins, 1 candied orange, 1/4C. candied papaya or any candied fruits you like

Seasonings:

3T. lard (or shorting), 5T. sugar, 1T. cornstarch paste, 1/2t. flower jam

Procedures:

1. Rinse the rice with water until clean, place in a bowl, soak for 20 minutes, cook it until done. Mix with 2T. sugar and lard while the rice is hot.
2. Using a mold or 6" bowl, brush the inside with lard or shorting, lay all of the ingredients (except rice) very attractively in rows or other designs. Candied squash and orange must be cut into small pieces first.
3. Place 2/3 of mixed rice in the bowl carefully to cover the fruits and nuts, then put the sweet red bean paste in center. Cover the bean paste with remaining rice, flatten the surface. Steam the pudding for at least 1~2 hours. Reverse it on a serving plate.
4. Boil 1C. water with 2T. sugar, thicken with cornstarch paste, mix flower jam in, pour it over the rice pudding.

Note

For thos[illegible]ied ingredients, they should be soaked in water to get a little softer, and for those la[illegible]ngredients, it must be cut into small pieces before using.

「菜肉大包」

材料

麵粉 1 1/2 杯，溫水 1 杯，發酵粉 1 1/2 茶匙，前腿肉 400 公克，青江菜（或大白菜）450 公克，蔥屑 1 大匙

調味料

醬油 2 大匙
油 2 大匙
麻油 1 大匙
鹽 1/2 茶匙

做法

1. 將發酵粉傾入溫水中泡約 2 分鐘，待溶化後，倒進麵粉中，並用手揉成軟度適中之麵糰，蓋上一塊微濕之白布，待其發酵成為雙倍大。
2. 豬肉切成如指甲片大小之丁粒，略剁幾刀後，放在大碗中，加入蔥屑、醬油、油及麻油拌勻。
3. 青江菜（或大白菜）洗淨也切成小粒，放入大盆中，撒下 1/2 茶匙鹽略拌，放置 5 分鐘後用力擠乾鹽水，將菜加入肉餡中拌勻。
4. 將發好的麵糰放在案板上揉勻，至十分光滑後平均分成 20 小粒，用手掌壓扁，再擀成 10 公分直徑之圓皮（中間需略厚些），放上約 1 大匙半的菜肉餡，包成包子。
5. 全部包好、排入蒸籠中，醒約 15～20 分鐘左右，即可移在滾水鍋上，用中火蒸約 20 分鐘，趁熱裝盤便可供食。

「Meat and Vegetable Pastries」

Ingredients:

1 1/2C. flour, 1C. warm water, 1 1/2t. dry yeast, 400g. pork, 450g. cabbage, 1T. chopped green onion

Seasonings:

2T. soy sauce
2T. oil
1T. sesame oil
1/2t. salt

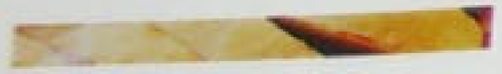
Procedures:

1. Place flour in a large bowl. Dissolve yeast in warn water (about 60℃) thoroughly, add to flour and mix well. Cover with a wet cloth and let it raise to double in bulk.
2. Cut the pork into small cubes, chop for a little while, place in a bowl, add green onion, soy sauce, oil, and sesame oil, mix well.
3. Cut the cabbage into small cubes too, mix with salt, let it stay for 5 minutes. Squeeze the salty water out, mix cabbage with pork evenly.
4. Knead the dough on a pastry board, then divide to 20 pieces, flatten each piece with hand and roll it out to a round shape to make a wrapper. Place 1 1/2T. filling in center of a wrapper, make it into a round shape pastry.
5. Place the pastries in a steamer, let it rest for 15～20 minutes. Steam pastry over boiling water for 20 minutes, turn off the heat and serve.

菜肉大包 *Meat and Vegetable Pastries*

Sweet Bean Paste Pan Cake 豆沙鍋餅

「豆沙鍋餅」



材料

雞蛋 3 個
麵粉 1 杯
冷水 1 杯
豆沙 200 公克

做法

1. 將蛋在大碗內打散，加入麵粉調勻，再將冷水慢慢加進，仔細攪拌成濃度適宜之糊漿。
2. 在爐子上先燒熱平底鍋，刷上少許油，待油再熱時，即將 1/4 量的蛋糊傾入，迅速轉動鍋子，使糊漿流動成為直徑約 20 公分大之圓形薄餅，再用慢火煎熟（不必翻面），四張全部做好。
3. 將做好之圓薄餅放在案板上，再將 1/4 量的豆沙放在中間，用手指將豆沙按壓成為長方形（約 5×15 公分），折合四周餅皮，包成長方形，用所剩下之蛋糊黏住、封口。
4. 將 3 杯油在鍋中燒熱，投下已包成長方形之豆沙餅，用大火炸至金黃色而酥脆（約 2 分鐘）為止。
5. 撈出已炸好之豆沙鍋餅，用利刀切成 2 公分寬條，排列在盤內，上席供食。

註 1. 此種鍋餅也可將豆沙改為棗泥或肉餡。
2. 也可以用較少量的油煎黃鍋餅，炸的較香且顏色比較均勻。

「Sweet Bean Paste Pan Cake」

Ingredients:

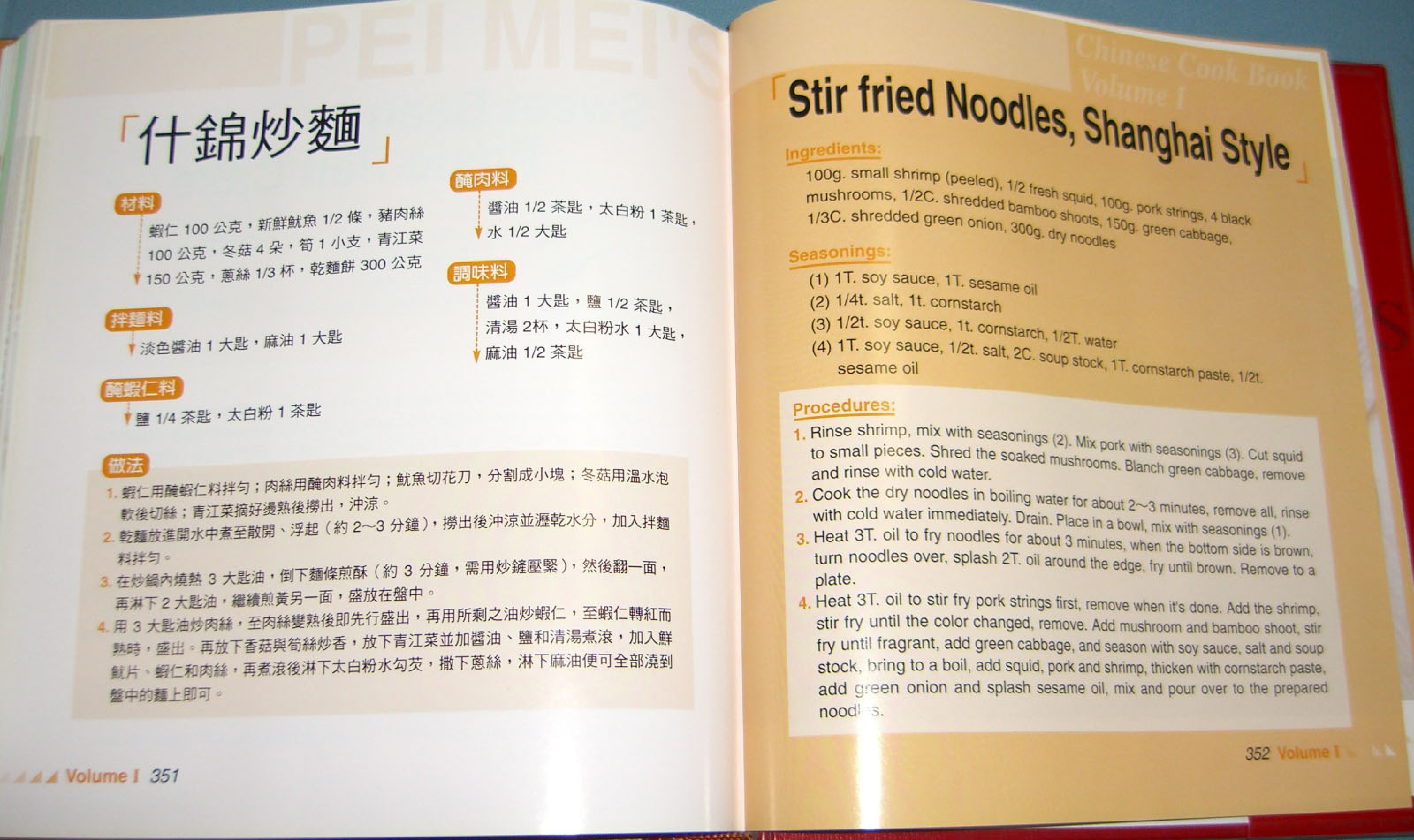
3 eggs
1C. wheat flour
1C. cold water
200g. sweet red bean paste

Procedures:

1. Beat the eggs in a bowl, add flour and cold water, mix well to make flour batter.
2. Heat a frying pan, rub a little of oil on it, pour in 1/4 amount of flour batter. Tilt the frying pan quickly to let the flour batter flow to form into a very thin pan cake. Use low heat to fry for a few seconds, remove from pan but don't flip over.
3. Place the pan cake on a board with the uncooked side up, place 1/4 amount of sweet bean paste on the center. Spread paste out to form a rectangle (5×15 cm). Fold and seal with some flour batter.
4. Heat 3C. oil to hot, deep fry pan cake until golden and crispy (about 2 minutes).
5. Remove and cut into 2 cm wide pieces immediately. Place on a plate and serve hot.

Note

1. Meat filling may be used in the same way.
2. You may fry the pan cake with less oil, the deep fry pan cake taste better and the color looks more even



「什錦炒麵」

材料

蝦仁 100 公克，新鮮魷魚 1/2 條，豬肉絲 100 公克，冬菇 4 朵，筍 1 小支，青江菜 150 公克，蔥絲 1/3 杯，乾麵餅 300 公克

拌麵料

淡色醬油 1 大匙，麻油 1 大匙

醃蝦仁料

鹽 1/4 茶匙，太白粉 1 茶匙

醃肉料

醬油 1/2 茶匙，太白粉 1 茶匙，水 1/2 大匙

調味料

醬油 1 大匙，鹽 1/2 茶匙，清湯 2杯，太白粉水 1 大匙，麻油 1/2 茶匙

做法

1. 蝦仁用醃蝦仁料拌勻；肉絲用醃肉料拌勻；魷魚切花刀，分割成小塊；冬菇用溫水泡軟後切絲；青江菜摘好燙熟後撈出，沖涼。
2. 乾麵放進開水中煮至散開、浮起（約 2~3 分鐘），撈出後沖涼並瀝乾水分，加入拌麵料拌勻。
3. 在炒鍋內燒熱 3 大匙油，倒下麵條煎酥（約 3 分鐘，需用炒鏟壓緊），然後翻一面，再淋下 2 大匙油，繼續煎黃另一面，盛放在盤中。
4. 用 3 大匙油炒肉絲，至肉絲變熟後即先行盛出，再用所剩之油炒蝦仁，至蝦仁轉紅而熟時，盛出。再放下香菇與筍絲炒香，放下青江菜並加醬油、鹽和清湯煮滾，加入鮮魷片、蝦仁和肉絲，再煮滾後淋下太白粉水勾芡，撒下蔥絲，淋下麻油便可全部澆到盤中的麵上即可。

「Stir fried Noodles, Shanghai Style」

Ingredients:

100g. small shrimp (peeled), 1/2 fresh squid, 100g. pork strings, 4 black mushrooms, 1/2C. shredded bamboo shoots, 150g. green cabbage, 1/3C. shredded green onion, 300g. dry noodles

Seasonings:

(1) 1T. soy sauce, 1T. sesame oil
(2) 1/4t. salt, 1t. cornstarch
(3) 1/2t. soy sauce, 1t. cornstarch, 1/2T. water
(4) 1T. soy sauce, 1/2t. salt, 2C. soup stock, 1T. cornstarch paste, 1/2t. sesame oil

Procedures:

1. Rinse shrimp, mix with seasonings (2). Mix pork with seasonings (3). Cut squid to small pieces. Shred the soaked mushrooms. Blanch green cabbage, remove and rinse with cold water.
2. Cook the dry noodles in boiling water for about 2~3 minutes, remove all, rinse with cold water immediately. Drain. Place in a bowl, mix with seasonings (1).
3. Heat 3T. oil to fry noodles for about 3 minutes, when the bottom side is brown, turn noodles over, splash 2T. oil around the edge, fry until brown. Remove to a plate.
4. Heat 3T. oil to stir fry pork strings first, remove when it's done. Add the shrimp, stir fry until the color changed, remove. Add mushroom and bamboo shoot, stir fry until fragrant, add green cabbage, and season with soy sauce, salt and soup stock, bring to a boil, add squid, pork and shrimp, thicken with cornstarch paste, add green onion and splash sesame oil, mix and pour over to the prepared noodles.

什錦炒麵 *Stir Fried Noddles, Shanghai Style*

Four Colors Shao-my 四色燒賣

「四色燒賣」

材料

外皮：高筋麵粉 2 杯，雞蛋 1 個，開水 1/2 杯

餡料：絞豬肉 300 公克，筍丁或白菜 1/2 杯，冬菇末 2 大匙，火腿末 2 大匙，清江菜末 2 大匙，蛋皮末 2 大匙

調味料

醬油 1/2 大匙，鹽 1/2 茶匙，太白粉 2 茶匙，麻油 1/2 大匙，胡椒粉少許

做法

1. 麵粉放在盆內，沖下開水，並用筷子拌勻，再將雞蛋放下，用手加以揉合，揉成軟度適中之麵糰。
2. 將絞豬肉再剁一下，盛入碗內，加入筍丁（先整支煮熟再切碎）及調味料，仔細拌勻。
3. 將第一項之麵糰再揉一次，並分成 30 小粒，每塊用擀麵棍擀成圓形薄皮（直徑約 6 公分），在中間放進餡料，用大拇指與二拇指將麵餅皮交叉捏緊，使餡料被包在內部而上面呈 4 個洞孔狀。
4. 四種不同顏色之屑料分別裝入四個洞孔中，排列在蒸籠內，上鍋用大火蒸 12 分鐘便成。

「Four Colors Shao-my」

Ingredients:

Wrapper：2C. wheat flour (all purpose), 1 egg, 1/2C. boiling water

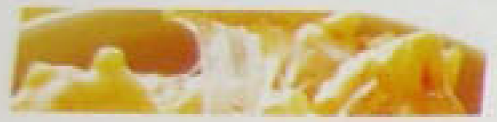
Fillings：300g. minced pork, 1/2C. chopped bamboo shoots, 2T. black mushroom (soaked and chopped), 2T. ham (chopped), 2T. boiled green cabbage (or spinach, finely chopped), 2T. fried egg (chopped)

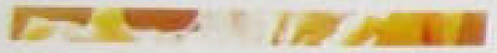
Seasonings:

1/2T. soy sauce, 1/2t. salt, 2t. cornstarch, 1/2T. sesame oil, 1/6t. black pepper

Procedures:

1. Place flour in a bowl, add boiling water, mix with chopsticks thoroughly, then add egg, mix again and knead until smooth enough.
2. Mix the pork and bamboo shoots with seasonings in a bowl evenly, this is the filling.
3. Remove the dough to a lightly flour board. Knead and divide it into 30 small pieces. Roll each out to 6 cm in diameter, place 1T. filling in center, pinch up apposite sides of dough by joining at center only, then pinch up the remaining opposite sides to center to forming a square with four holes.
4. P[illegible]e those 4 different ingredients separately in each hole.
5. P[illegible]e in a steamer on a damp cloth and steam for about 12 minutes over [illegible] heat. Serve hot.





「拔絲香蕉」

材料

香蕉 4 支
油 1 大匙
糖 6 大匙
水 2 大匙
黑芝麻 1 茶匙
額外麵粉 2 大匙

麵糊料

蛋 1 個，太白粉 4 大匙，
麵粉 5 大匙，清水 5 大匙

做法

1. 將蛋在碗內打散，加入其他麵糊料，調成糊狀備用。
2. 選購較生而形直的香蕉，剝皮後，每支切成滾刀塊，先撒少許上乾麵粉，再裹上蛋麵糊，隨即投入已燒熱之炸油中，用大火炸黃。
3. 另在炒鍋內，用 1 大匙油炒溶糖及水（2 大匙），並用小火熬煮使成為糖漿，至能拉出糖絲為止（初學者可以將少許糖漿滴入冷水中，若能凝結不散便可），旋即放入炸好之香蕉，迅速拌合，並撒下炒香之芝麻，即可裝盤供食。

註

1. 盛裝拔絲類的盤子，在盤面上需刷少許油，以便易於洗滌。
2. 炸香蕉和炒糖漿最好用2個鍋子同時操作，以便控制時間。

「Candied Banana Fritters」

Ingredients:

4 bananas
1T. oil
6T. sugar
2T. cold water
1t. sesame seeds
2T. extra flour

To make flour paste:

1 egg, 4T. cornstarch, 5T. flour, 5T. cold water

Procedures:

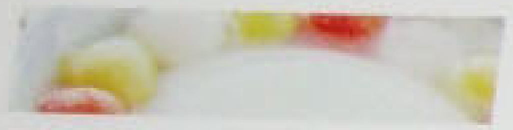
1. Beat the egg in a bowl, add all other ingredients to make the flour batter.
2. Cut each banana into 6 diagonal pieces after peeling it, sprinkle some extra flour, then coat with flour batter. Deep fry in hot oil until golden brown (about 1 minute). remove the bananas and drain off oil from pan.
3. Heat 1T. oil in a frying pan, add sugar and water, stir fry for a while over low heat, when it becomes thicker and can be make threads, turn off the heat and add the bananas in, mix quickly and sprinkle sesame seeds over, serve immediately.

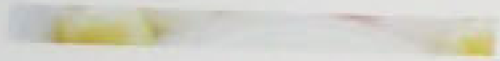
Note

1. Th[illegible]ving plate should be brushed with some oil.
2. It i[illegible]tter to deep fry the bananas（Procedure #2）and make the candy（procedure #3）in [illegible]rate frying pan, you can control the timing.

拔絲香蕉 Candied Banana Fritters

Almond Jelly, Chinese Style 杏仁豆腐





「杏仁豆腐」

材料

洋菜 1/4 包（或 2 包膠粉）
冷水 5 杯
糖 2 大匙
奶水 3 大匙
杏仁露 4 大匙（或杏仁精 2 茶匙）
糖 1 杯
各種水果酌量

做法

1. 洋菜用冷水沖洗一下後，放置鍋中，加冷水 5 杯，用中火煮 15 分鐘。
2. 加入 2 大匙糖攪勻後即關火，將湯汁過濾在 2 個乾淨的中型碗中。
3. 待稍冷卻後，加入 3 大匙奶水及 2 大匙杏仁露攪勻，待其完全冷卻後，移入冰箱中。
4. 見已全部凝固成豆腐狀時，即可端出，倒扣在大碗中，另用挖球器挖出水果球和杏仁豆腐球，排在碗中。
5. 倒下糖水（1 杯糖加 4 杯開水溶化），淋下另外 2 大匙杏仁露即成。

註 如用罐頭什錦水果，可以將罐頭中的果汁加入糖水中一起用。

「Almond Jelly, Chinese Style」

Ingredients:

1/4 pack Agar Agar (or 2 envelopes unflavored gelatin)
5C. cold water
2T. sugar
3T. milk
4T. almond syrup (or 2t. almond essence)
1C. sugar
1C. assorted fresh fruits (or canned fruit cocktail)

Procedures:

1. After rinse the agar-agar, place in a pot, cook with 5C. cold water for about 15 minutes over medium heat. (If using gelatin, dissolve the powder in 4T. cold water, then mix with 4C. hot water after 2 minutes).
2. Add 2 T. sugar to agar-agar or gelatin. When the sugar melt, strain the juice into 2 bowls.
3. Add milk and 2T. almond syrup (or 1t. almond essence), stir briskly until thoroughly mixed. Let it cools and remove to refrigerator for at least 2 hours until firmed.
4. Remove the chilled almond jelly from refrigerator and put in a large bowl, arrange some fruits with the almond jelly.
5. Add light syrup (melt 1C. sugar with 4C. hot water) and splash remaining almond syrup or almond essence. Serve.

Note

A little of the canned fruit cocktail syrup may be added.

培
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培梅食譜《第一冊》

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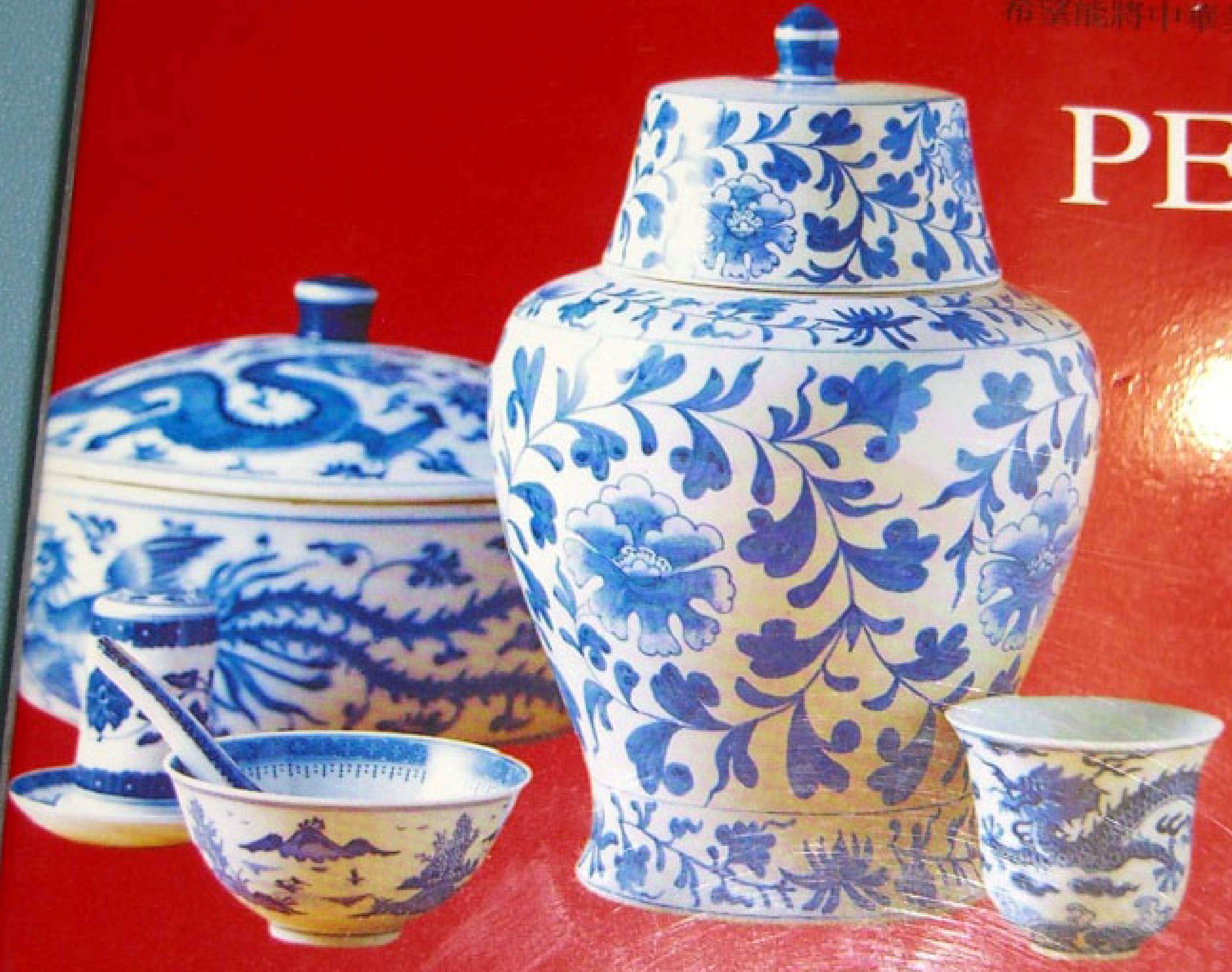

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